THE JUNIOR BOARD COOK BOOK

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COOK BOOK

of

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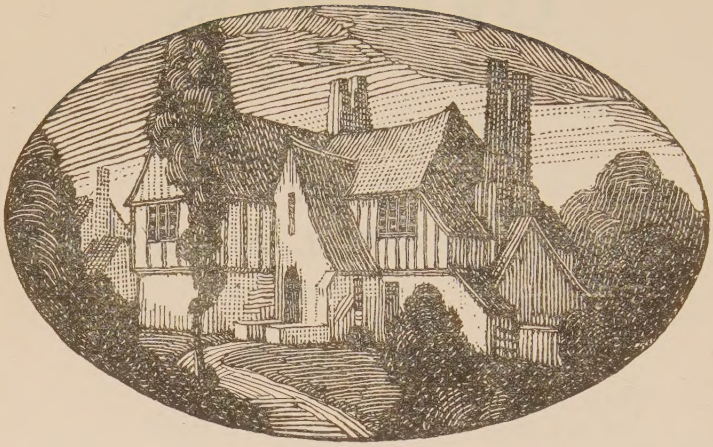

LONDON has its picturesque country towns nearby, Paris its Bois de Bologne, New York its Westchester — and Cleveland its Shaker Village.

Except for the great world-capitols, few cities are fortunate enough to have such a community as Shaker Village — a community forever set apart for the better types of homes, where families of standing may build or buy, secure in the knowledge that they will always be among approved neighbors and surrounded by fine homes in keeping with their own.

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PROVISIONS FOR 40 PEOPLE

1 lb. coffee and 10 qts. water serves 40 people.

1 qt. cream and 1 lb. sugar for 40 cups coffee.

2 gals. of soup serves 40 people.

1 pk. potatoes serves 40 people.

2 qts. gravy or sauce serves 40 people.

1 qt. French dressing serves 40 people.

2 doz. lemons, 2 lbs. sugar, 2 gals. water makes lemonade for 40 people.

1 qt. mayonnaise serves 40 people.

12 lbs. chicken salad will serve 40 people. Allow ¼ lb. dressed chicken to each person.

5 lbs. sweet bread salad, tuna salad or salmon salad will serve 40 people.

8 qts. potato salad will serve 40 people. One peck of potatoes will make potato salad for 40 people.

3 lbs. potato chips will serve 40 people.

20 lbs. chicken or turkey, dressed, will serve 40 people.

1 ten-pound can of peas will serve 40 people.

2 lbs. salted peanuts will serve 40 people.

½ gal. medium size olives will serve 40 people.

1 loaf of sandwich bread will make 24 sandwiches.

1 lb. of butter will spread three loaves of bread.

1 qt. of sandwich filling will spread one loaf of bread.

2 gal. of ice cream will serve 40 people liberally.

1 round cake—10 inches in diameter—will serve 12 people.

TABLE OF WEIGHTS AND MEASURES

2 cups.....1 pint
2 pints.....1 quart
4 quarts.....1 gallon
8 quarts.....1 peck
4 pecks.....1 bushel
1 peck potatoes.....15 pounds
4 cups flour.....1 pound
3 cups corn meal.....1 pound
2 cups granulated sugar 1 pound
2⅔ cups powdered sugar 1 pound
2⅔ cups brown sugar....1 pound
2 cups solid butter.....1 pound
2 cups solid meat.....1 pound
9 medium sized eggs.....1 pound
16 ounces .....1 pound
2 tablespoons butter, sugar, salt.....1 ounce
4 tablespoons flour.....1 ounce
16 tablespoons.....1 cup
60 drops.....1 teaspoon
3 teaspoons.....1 tablespoon
4 tablespoons.....¼ cup
1 cup shelled almonds ¼ pound
1 cup raisins.....6 ounces

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Cocktails

CRAB, LOBSTER OR SHRIMP COCKTAIL

Sauce A (serves 4)

3 tablespoons tomato catsup, 3 tablespoons sherry, 1½ tablespoons lemon juice, 9 drops tabasco sauce, ⅛ tablespoon chopped chives.

Sauce B (serves 3)

2 soupspoons mayonnaise, 1 soupspoon chili sauce, 1 soupspoon French dressing, 1 soupsoon chopped olives, 1 soupsoon chopped pickles.

Oyster Cocktail: For each service allow six oysters.

Clam Cocktail: For each service allow six clams (little neck).

Lobster, Shrimp or Crabmeat Cocktail: For each service allow about ⅓ cup diced lobster, shrimps or crabmeat.

Mixed Sea Food Cocktail: For each service allow two oysters, two shrimps and two clams, or a similar proportion of other desired combinations.

Fish Cocktail: For each service allow ¼ cup flaked cooked halibut or other firm-fleshed fish.

FRUIT COCKTAIL

2 cups of grapefruit, sections skinned and 2 cups orange, sections skinned, 1 cup black ox heart cherries, 1 cup raspberry syrup or loganberry juice. Sweeten to taste, let stand in ice box at least four hours before serving. —Jean Wilmore.

FRUIT COCKTAIL

6 medium size grapefruit, 1 large size can pineapple, ⅓ can Queen Anne cherries. Cover with pineapple juice and chill.

WATERMELON COCOANUT COCKTAIL

Scoop out melon with potato ball scoop and roll in cocoanut. Chill well and serve.

WATERMELON PINEAPPLE COCKTAIL

Make balls of watermelon with a scoop, add equal amount of diced pineapple (fresh or canned) and two tablespoons of chopped mint. Cover with pineapple juice or sugar syrup and chill. Garnish with sprig of mint. —Mildred Jeavons.

MELON BALL COCKTAIL

Scoop out equal number of balls of watermelon, cantaloupe and honeydew melon. Cover with sugar syrup or a fruit juice and chill well.

FRUIT COCKTAIL SAUCE

1 wineglass of fruit juice, 1 wineglass of sherry, ½ wineglass of rum. Pour into boiled syrup of sugar and water. Let cool and pour over prepared fruit that has been placed in sherbet glasses.

TOMATO JUICE COCKTAIL

2 cups tomato juice, 1 tablespoon sugar, 2 tablespoons mild vinegar, bit of bay leaf, 2 tablespoons grated onion, 2 tablespoons lemon juice, 1 bruised celery stalk, dash of Worcestershire sauce.

Combine ingredients. Let stand in a cold place at least 30 minutes. Strain through a cheesecloth and serve. —Ellen Carpenter.

Canapes and Hors d'oeuvres

HOR D' OEUVRES

Cut hard boiled eggs lengthwise, remove yolks. Fill these cases with mixture of lobster (crab meat or shrimp) and tartar sauce. Invert upon sauted ovals of bread and garnish with egg yolks that have been put through ricer, and small pieces of olives or pickle.

—Florence Farch.

TWO SIMPLE HOT HORS d' OEUVRES

Form Gorton's prepared codfish balls into the size of large marbles, dust with flour and fry in hot fat. In center of tray on which assorted cold canapes are to be served place a large apple. Into this stick toothpicks and on the end of each place a piping hot codfish ball.

Country sausage meat formed into very small balls and fried may also be served in this manner. —Florence Farch.

HOT SAUSAGE HORS d' OEUVRES

Cut Jones' sausages in 3 parts. Stuff each with pecan or almond, hold with toothpick and broil.

LAST MINUTE CANAPE

Add as much anchovy paste to cream cheese as desired. Spread thickly on potato chips and serve at once. —Norma Farmer.

EASY CANAPE

On round of bread place thin slice of chicken or goose liver sausage the same size. In the center of sausage put small amount of mayonnaise and press a slice of stuffed olive into it.

—Norma Farmer.

CHICKEN LIVER CANAPE

Saute 1 tablespoon chopped onion in 1 tablespoon butter. Put in 6 to 9 chicken livers or ½ lb. of goose liver sausage. Mash well and cook five minutes stirring all the time. Season with salt and 1 teaspoon Worcestershire sauce. Heap on small rounds of bread, put a small strip of bacon on each one. Broil just before serving.

—Jean Wilmore.

HOT OLIVE CANAPE

Drain jar of large pimento stuffed olives. Wrap each olive in strip of medium cut bacon. Use fat bacon as the lean meat is difficult to wrap about olive. Fasten bacon to olive by piercing through with toothpick. Place olives in flat pan and broil under flame until bacon is cooked. Serve hot. —Florence C. Farch.

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CREAM CHEESE CANAPE

Mash ½ lb. cream cheese and 1 small onion (cut fine) until able to spread. Spread on 1 slice of dried beef and roll.

—Pauline S. Keil.

CANAPE—FIRECRACKER

Moisten cream cheese with cream and add fresh horseradish to taste. Spread on small slice of dried beef and roll. Make rolls about size of finger. —Mona Talkes.

TOASTED CHEESE CANAPES

Cut rounds of bread, pile with fresh sliced cheese. Sprinkle with salt, pepper, paprika and mustard and a few drops of Worcestershire sauce. Place broiler rack at bottom of broiling oven and toast slowly.

CHEESE AND BACON CANAPE

Put cheese and slices of bacon through grinder together. Spread on rounds of bread and place in broiler, cooking slowly. Serve hot.

—Mildred Jeavons.

COLD SARDINE CANAPE

Mash sardines with fork, add enough mayonnaise to spread, and a little lemon juice. Spread on fancy cut slices of bread.

HOT SARDINE CANAPE

Cut thinly, required number of slices of bread. Remove crusts and roll each slice about one imported, boned and skinless sardine. Pierce with toothpick to hold together. Toast under high flame and serve hot. —Florence C. Farch.

OYSTER CANAPE

Wrap small oysters with strips of thin bacon. Cut pieces of bread to fit and toast on one side. On side not toasted place oyster and put in broiler until bacon is cooked. Serve hot.

CANAPE VICTORIA

1 small can lobsters, 1 teaspoon salt, ½ teaspoon paprika, 2 tablespoons melted butter, 1 tablespoon flour, 1½ gills hot milk, 1½ gills tomato sauce, 1 small can mushrooms, 2 tablespoons Parmesan cheese.

Prepare toast rounds 2½ in diameter, butter surface, mix salt and paprika and sprinkle over lobster. Heat butter, add flour, then milk, and then tomato sauce, then lobster. Cook till thick. Spread on buttered toast. Place slice of truffle in middle and place slices of mushrooms around edge, then sprinkle with grated Parmesan cheese and place in oven about 8 minutes or until golden brown. Delicious.

TOMATO DELICACIES

Peel tomatoes and cut in thick slices. Put on rounds of thin, buttered toast. Cover with a thick layer of grated American cheese, dust with paprika. Put in hot oven until brown and crusty.

—Ina Carlson.

PEANUT BUTTER CANAPES

Mix peanut butter with small amount of butter. Spread on rounds of toast. Place small piece of bacon on each and put in broiler long enough to cook bacon. Serve hot. —Mildred Jeavons.

FIRST COURSE

A bed of shredded lettuce. A thick slice of fresh peeled tomato spread with cream cheese which has been softened with cream. A tablespoon of mayonnaise and topped by a teaspoon of caviar.

—Mona Talkes.

FIRST COURSE

½ lb. fresh crabs, 8 small tomatoes.

Flake crabmeat and marinate with French dressing. Mix with small amount of mayonnaise and stuff each tomato with mixture. Surround each with watercress and garnish top of tomato with stuffed olive cut in four sections, forming star, and a small dab of caviar in center. —Marguerite Potts.

FIRST COURSE

Calavo pears, white grapes, grapefruit and pineapple. Half and seed grapes, slice grapefruit and cut pineapple in small pieces. Fill the pears with this mixture, surround with watercress and serve with thick French dressing.

CANAPE SALAD OR FIRST COURSE

5 sections of grapefruit (membrane removed), 5 whole shrimps (per person).

Place on lettuce leaf or endive or chickory. Top with teaspoon of mayonnaise and tiny pickled white onions. Pour over 2 tablespoons of following sauce:

¼ cup mayonnaise, 1 hard-boiled egg (chopped), ½ cup French dressing, 1 tablespoon chopped celery, 2 tablespoons chili sauce, 1 teaspoon horse radish.

CRAB MEAT ENTREE

One small can crab meat, ½ cup finely chopped celery, ½ teaspoon chopped onion, ½ cup mayonnaise, salt and paprika.

Shred crabmeat and remove fibers, mix with celery, onion and mayonnaise. Eight rounds of soft white bread, butter and spread with cream cheese and anchovy paste mixed, cover with ½ inch slice of tomato, divide crabmeat mixture evenly on tomatoes, top with small amount of mayonnaise. Serve garnished with watercress.

—Jean Wilmore.

Compliments of a Friend

Sandwiches and Midnight Snacks

EGG AND OLIVE

Chop 2 hard-cooked eggs into fine pieces and add to them 4 tablespoonfuls of finely chopped olives. Add to these enough olive oil to moisten, and salt and pepper to taste. Season with 1 teaspoon of Lea & Perrins' sauce and spread on sandwiches.

CHOPPED EGG AND PICKLE SANDWICH

Mix equal parts of chopped hard-boiled eggs and sweet pickles chopped, with mayonnaise. Season with salt, pepper and paprika. Spread on buttered slices of white or whole wheat bread.

—Mildred Jeavons.

MUSHROOMS AND EGG SANDWICHES

1 cup minced, fresh or canned mushrooms; 1 chopped, seeded green pepper; 1 tablespoon butter, ½ teaspoon onion, 1 teaspoon flour, 2 teaspoons cream or top milk, ½ teaspoon salt, speck pepper, 1 hard-cooked egg, 1 teaspoon chopped parsley.

Cook the mushrooms and green pepper in the butter until tender. Add the parsley, onion, and flour, and stir until smooth. Then add the cream, salt, pepper, and hard-cooked egg finely chopped. Stir until smooth and spread on buttered slices of graham or brown bread. Good toasted.

SALMON AND EGG SANDWICHES

2 hard-boiled eggs, salt, ½ cup salmon, pepper, mayonnaise.

Chop the eggs, mince the salmon and combine. Season to taste and moisten with mayonnaise. Spread between slices of buttered bread.

DRIED BEEF SANDWICHES

½ lb. dried beef, ¼ lb. sharp Yorkstate cheese run through chopper twice.

Pour juice from 1 pint can of tomatoes and boil until thin paste. Keep in ice box and use for sandwich filling. This will keep for two or three weeks in the ice box.

DRIED BEEF SANDWICHES

Mince the beef fine, moisten with mayonnaise and spread sparingly between thin slices of buttered bread.

PORK TENDERLOIN SANDWICHES

1 lb. pork tenderloin, boil until tender with small whole onion and a few celery stalks. Cook until tender, let cool in liquor. Drain and run through chopper. Grind 3 sweet pickles, add 1 cup finely chopped celery, moisten with boiled salad dressing so it will spread. This makes 3 dozen. —Dorothy Phillips.

SANDWICHES SUPREME

1 cup ground cold chicken or veal, ½ cup ground fresh mushrooms, 1 teaspoon chopped parsley, salt to taste, paprika.

Saute mushrooms in 2 tablespoons butter for three minutes. Add chicken or veal. Stir in one-half cup rich thick cream sauce. Spread on buttered rounds of bread. Toast in oven, sprinkle with parsley just before serving. —Jean Wilmore.

SANDWICH FILLING

3 tablespoons butter, 2 tablespoons French mustard, 1 tablespoon grated cheese, ¾ teaspoon sugar, 1 teaspoon chopped capers, 1 medium sized onion chopped, 6 sweet pickles chopped, 12 stuffed olives chopped.

Cream butter and add sugar, mustard and cheese—mix thoroughly, add the chopped ingredients and spread between buttered slices of bread. —Eva Jean Cox.

ROLLED CHEESE SANDWICH

In top of double boiler make one cup heavy cream sauce. While hot add ¾ lb. of snappy Yorkstate cheese. Allow cheese to melt—stir in 1 teaspoon Worcestershire sauce, salt and paprika. Cool. Cut white or brown bread medium thin, spread with butter and cheese mixture, roll and toast. Very nice with fruit salad.—Jean Wilmore.

ROLLED CHEESE SANDWICHES
(Filling for Sandwich)

4 tablespoons butter, 2 tablespoons flour, 1 cup milk—making 1 cup of thick cream sauce. Dissolve 1 lb. of snappy York State cheese cut in small pieces in sauce, add 1 tablespoon Worcestershire Sauce, paprika and salt to taste. While warm, spread on thin slices of white bread (buttered), roll, butter outside of roll and toast in oven. It is advisable to keep slices of bread in dampened cloth until ready to roll and toast, so as to assure easy rolling. —Frances Brockett.

PIQUANT SANDWICHES

Butter, 2 tablespoons peanut butter, 1 cream cheese, 1 hard-boiled egg, 1 tablespoon green pepper, 1 sour pickle, dash pepper, ½ teaspoon salt.

Cream together the cream cheese and peanut butter. Chop very fine the egg, pepper and pickle and blend into the cream cheese. Add salt and pepper and spread between buttered slices of bread.

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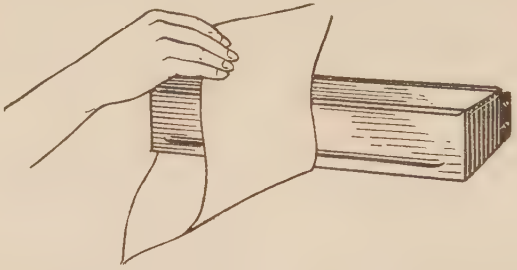

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PEANUT BUTTER AND JAM OR MARMALADE SANDWICH

Soften peanut butter and spread on thin slice of buttered bread. Add thin layer of jam or marmalade and cover with slice of bread.

SEA FOOD SANDWICHES

1 small can crabmeat or shrimp, cream sauce, butter.

Mince coarsely the crabmeat or shrimp and mix with enough cream sauce to moisten. Place as filling between buttered slices of bread, press together and saute quickly on both sides in butter. Accompany with lettuce served with Russian dressing.

CAVIAR CRUMPETS

Cut bread in very thin slices—remove all crust—lay on damp cloth one hour until it will roll easily. Spread slice with melted butter and domestic caviar, a drop of lemon juice and roll up. Buy grated cheese in cellophane envelope and roll the crumpet in it and sprinkle with paprika. Bake in hot oven until brown—about 5 minutes. —Fay Hampton.

CHEESE CRUMPETS (Kemper)

2 cups sharp Yorkstate cheese—cream with 1 tablespoon of butter. Season well with salt, Worcestershire sauce and onion juice. Chop a green pepper fine, add to cheese—also the juice that runs out of the pepper. Cut bread in very thin slices and lay on damp cloth for an hour so it will roll easily. Spread with mixture, roll with small strips of bacon on outside, cutting large slices of bacon lengthwise and crosswise to make 4 strips. Cut each slice of bread in 2 pieces, fasten with toothpick. Can be made in morning. Toast under flame in oven until cooked and brown. —Fay Hampton.

CHEESE SCONES

Split scones, butter, dot with sharp cheese. Cover with strips of bacon, toast slowly about 5 inches from fire. Garnish with stuffed olives. —Dorothy Phillips.

RICTUM DIDDY

2 tablespoons butter, 2 tablespoons flour, 1 pint milk, 2 eggs, ½ lb. cheese melted in white sauce, 1 can Campbell's tomato soup, olives —½ lb. mushrooms.

Melt butter, add flour and gradually the milk, add cheese when white sauce is smooth and then the soup, mushrooms and olives. This can stand in double boiler and just before serving add to beaten eggs. —Marguerite Potts.

TOMATO, BACON AND CHEESE SANDWICH

Make sandwich of 2 thin slices of hot toast, 2 slices of tomato, and 2 slices of hot crisp bacon. Pour over all a sauce made of 1 cup white sauce with ¼ pound mild Yorkstate cheese added. Garnish with paprika. —Mona Talkes.

SANDWICH LOAF

1 loaf bread, 2 large pickles, 1 tongue ground fine, mixed with ground pickle and enough mayonnaise to hold together, 5 hard boiled eggs, chopped and mixed with mayonnaise; chicken or tuna fish mixed with mayonnaise. Cut bread through entire loaf lengthwise, dividing loaf into 4 slices about 1 inch thick. Cover each slice of bread with a different mixture ¾ inch thick. Put one layer on top of another to form loaf, press together. Mix ¾ lb. cream cheese with enough cream to spread and cover entire loaf. Garnish top with sliced stuffed olives.

—Norma B. Farmer.

SHRIMP RAMEKIN

2 rounding tablespoons of flour creamed with 4 tablespoons butter —add pinch of nutmeg and paprika, beat and stir into a smooth paste. Add 1 cup of veal broth and ½ cup of cream. Mix into mixture one pint of shrimps cleaned and broken into pieces. Put in buttered ramikins, cover with bread crumbs and grated cheese. This can be made in the morning and heated 20 minutes in oven when desired.

—Fay Hampton.

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Soups

GROUND ROUND STEAK SOUP

½ lb. round steak ground, 1 small onion, 2 carrots, 1 stalk celery, 1 tablespoon barley, 1 package dehydrated vegetables (ten-cent size), 1 tablespoon catsup, 3 quarts water.

Boil barley and raw vegetables for 1 hour, add round steak and other ingredients and boil another hour. Excellent for children's lunch.

—Mary Greenwood.

BOUILLON

2 lbs. lean beef, middle of round, 2 lbs. veal bone, 2 lbs. marrow bones, 3 lbs. chicken or fowl, 6 qts. cold water, ⅓ cup each of carrot, onion, celery, 1 tablespoon salt, ¼ teaspoon pepper, ¼ teaspoon nutmeg, grated, a few grains of sugar.

Clean chicken, separate it at the joints, and place in soup kettle, with the veal bones. Cut beef into small pieces and brown in hot spider with the marrow from the marrow bones, and remove to soup kettle. Add the cold water. Heat quickly to the boiling point, skim if you want a clear soup. Let simmer slowly for 5 hours. Fry the vegetables in 1 tablespoon fat 5 minutes, add and let boil one hour longer. Strain and then season to taste. When cool remove the fat. Serve hot in bouillon cups.

The chicken should be removed as soon as tender. It can be served with any well flavored sauce or used for salads or croquettes.

VEGETABLE SOUP (without meat)

2 qts. boiling water, salted, 2 onions, 2 slices cabbage, 3 carrots, 3 stalks celery, 3 potatoes, chop or cut fine; cook 4 hours slowly then add 1 small can tomatoes, one small can string beans; cook ½ hour longer. Just before serving, add ½ bar of butter. —Nellie Bowler.

ASPARAGUS SOUP

1 bunch of asparagus or fibrous ends of four bunches, one onion, put on to boil with one qt. of water. Boil slowly 1 hour or reduce liquid to one cup. Press pulp through sieve. Brown 2 tablespoons butter, add ½ tablepoon flour, ½ teaspoon salt, add 1 cup of milk, ½ pt. of cream. Add to liquid and pulp. Put in double boiler. Let steam at least 15 minutes.

CREAM OF CELERY SOUP

1 stalk celery, 1 pint water, 1 pint milk, 1 tablespoon chopped onion, 1 tablespoon butter, 1 tablespoon flour, 1 teaspoon salt, ½ teaspoon pepper.

Wash, scrape and cut the celery in ½ inch lengths. Cook in 1 pint boiling salted water until very soft. Mash in the water in which it was boiled. Cook onion and milk in a double boiler 10 minutes and add to the celery. Rub all through a strainer and boil again. Thicken with butter and flour; season and boil 5 minutes. Strain. Serve very hot.

—Mae Wacker.

CREAM OF CORN SOUP

1 can Golden Bantam corn, 3 cups milk, using the top, ⅛ lb. butter, 1 small slice onion, pepper and salt to taste.

Put corn through sieve (a heavy aluminum sieve is best so that you can get every bit of corn through except outside skin). Place corn, milk, butter, onion and seasoning in double boiler and cook thoroughly. Remove onion after it has cooked a little while.

—Frances Chamberlain.

CORN CHOWDER

1½ quarts fresh corn pulp, 1½ quarts potatoes, diced, 3 ounces salt pork, diced, ¾ tablespoon salt, ¾ teaspoon pepper, ¾ teaspoon paprika, 1½ onions, diced, 2¼ cups boiling water, 3 tablespoons butter, 3 cups rich milk.

Brown the cubes of salt pork over a surface burner in the pan to be used for the soup. Add the onion and brown. Then add the boiling water, potatoes, corn and seasoning. Cover and place in a Lorain Controlled Oven at 350 degrees for 1 hour and 15 minutes. At the end of this time add the butter and scalding hot milk. Stir to blend and serve at once. This recipe makes about 6 servings and is fine for a luncheon dish.

Temperature, 350 degrees; time (1 hour and 15 minutes.)

CREAM OF LIMA BEAN SOUP

Cooked lima beans, milk, 1 teaspoon butter, 1 teaspoon of flour, 1 slice of onion, 1 stalk of celery, salt and pepper to taste. Cover beans with water, add onions and celery. Cook until soft. Strain through a sieve and add butter and flour rubbed together, and milk sufficient to make it the consistency desired. Serve with croutons. Cream of pea soup may be made in the same manner from canned peas, omitting onion and celery if desired.

MUSHROOM SOUP (4 people)

Cook 1 bunch carrots, 1 bunch parsley, 4 to 4½ cups water and boil down to 3 cups. Set aside to cool.

When ready to serve: Chop ¾ lb. mushrooms fine and saute with 1 tablespoon of butter. Heat stock and stir in mushrooms. Take off stove and stir in ½ cup cream. —Beth F. Fiske.

CREAM OF MUSHROOM

½ lb. mushrooms, 2 tablespoons butter, 2 teaspoons flour, 1 pint milk, ½ pint cream, ½ teaspoon salt, ½ teaspoon paprika.

Put mushrooms through meat grinder, saute in butter five minutes. Put milk, cream and mushrooms in top of double boiler, add salt and paprika. Let cook for 45 minutes. Thicken with 2 teaspoons flour. Serve with a little whipped cream. Sprinkle with parsley.

—Jean Wilmore.

CHESTNUT SOUP

1 lb. of large Italian chestnuts, 1 pint chicken broth, 1 pint milk, 1 large tablespoon butter, 1 large tablespoon flour.

Boil or bake chestnuts until tender. Peel off shells and brown skin, while they are hot. Pound them and add broth. Fry 2 slices onion, but not browned in butter, add to mixtures. Cook the above, in double boiler ½ hour. Melt butter in skillet, add flour and proceed as for white sauce. When thick, add to chestnut mixture. Salt and pepper to taste. Just before serving, add ½ pint of cream or put a spoonful of whipped cream on each dish. Care must be taken that the puree does not boil after the cream is added, or it will curdle. A wineglass of sherry can be added if liked. This is dainty and delicious.

—Mona Talkes.

LETTUCE SOUP

1 head of lettuce or outside leaves of two heads, 1 pint chicken broth, 1 small onion, 3 stalks of celery, 2 tablespoons of butter, 1 large tablespoon flour, 1 pint milk.

Fry vegetables which have been cut up, in butter, until cooked, but not brown. Add chicken broth and simmer slowly for ½ hour. Melt butter in saucepan, add flour and proceed as for white sauce. Mix with broth and vegetables. Put through colander, return to boiler. Serve hot with tablespoon whipped cream on each dish.

—Mona R. Talkes.

CREAM OF ONION SOUP

2 Spanish onions, thinly sliced, ¼ cup butter, 4 cups chicken stock, 3 tablespoons flour, 1 cup cream, 1 tablespoon chopped green pepper, or ¼ cup grated cheese, salt and pepper.

Cook onions in butter 10 minutes, stirring constantly. Add stock cook slowly 30 minutes. Strain. Mix flour with ¼ cup cold water to pour easily, add to soup, and bring to boiling point. Add cream and peppers or cheese. Season to taste. —Gertrude Findlay.

ONION SOUP AU GRATIN

Thinly slice six medium sized onions and fry in butter until transparent. To six cups of strong beef stock add onions. In each soup dish place one or two round pieces of very dry and toasted bread, sprinkle with Parmesan cheese. Fill dishes with soup and again sprinkle lightly with cheese. —Florence Farch.

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CREAM OF PEA SOUP

(A) 1 can peas, 1 slice onion, ½ cup diced celery or ¼ teaspoon celery salt, sprig parsley, 1 pint cold water. Boil 15 minutes and rub through a strainer.

(B) 2 tablespoons each butter and flour and 2 cups scalded milk.

(C) Seasonings.

Make a sauce with (B), add (A) and (C). Strain and serve at once..

SPLIT PEA SOUP

2 cups dry split peas, 2 quarts cold water, 1 pound, end of ham, ½ cup celery, diced, 1 onion, cut fine, 2 teaspoons salt, ⅛ teaspoon pepper, 2 tablespoons butter, 2 tablespoons flour.

Wash and soak the peas over night in the two quarts of cold water. Place in the soup kettle with the ham which has been skinned, the celery, onion, and seasonings. Cover and place in the oven at 275 degrees for 3 hours. Remove from the oven and strain. Place on a surface burner with the flame turned low. Cream the butter and flour together. Add 1 cup of the warm soup stock slowly, stirring constantly. Then pour this slowly into the hot soup and stir until it reaches the boiling point to cook the flour. The constant stirring avoids lumps. The recipe yields about 6 cups of soup.

Temperature, 275 degrees; time, 3 hours. —Ina Carlson.

DUCHESS SOUP

1 quart milk, 2 tablespoons Minute Tapioca; 1 teaspoon salt, ⅛ teaspoon pepper, few grains Cayenne, 2 tablespoons minced onion, 1 can Pantry Table cream, 2 tablespoons butter, ¼ cup grated cheese, 2 tablespoons chopped parsley.

Scald the milk in double boiler; add the tapioca, salt, pepper, cayenne and onion. Cook until the tapioca is transparent (about 15 minutes), stirring frequently. Add the Pantry Table Cream, butter, cheese and parsley and cook until the cheese has melted; serve with croutons. 6 servings.

SHRIMP BISQUE

1 can Campbell's tomato soup, 1 can shrimp broken in pieces. Add shrimps to soup; bring to boil. Serve with whipped cream and chopped or shaved almonds on top.

CREAM OF SPINACH SOUP

(A) 1 quart spinach: wash, put into dry sauce pan and cover closely. Cook 10 minutes; drain, saving water. Chop spinach very fine, press through strainer, add water and hint of onion.

(B) 4 cups milk, 4 tablespoons each, flour and butter.

(C) Salt and Cayenne.

Make (B) into sauce, add (A) and (C). Serve with or without whipped cream.

CLEAR TOMATO BOUILLON

1 quart tomatoes, juice only, 2 cans of Campbell's consomme, 2 whites of eggs unbeaten, 2 eggshells, seasoning and red vegetable coloring.

Strain tomatoes through sieve, then add consomme, seasoning, egg whites and eggshells. Boil together 5 minutes. Remove from fire and strain through dampened cheesecloth. Add extra coloring to suit fancy. Keep warm on fire until ready to serve. Serve in bouillon cups with ½ slice of lemon in each cup. —Florence C. Farch.

TOMATO BOUILLON (jellied)

1 quart can tomatoes (fresh tomatoes excellent), 2 cans Campbell's consomme, pinch salt, sugar to taste, whites of eggs and shells.

Beat well, boil 5 minutes. Add 1 envelope Knox's gelatine that has been soaked in ½ cup cold water. Strain through cheese cloth and color. (Burnett's red coloring.) This makes 5 cups.

—Betty Curtis.

CREAM OF TOMATO

(A) 4 tablespoons flour plus butter plus 3 cups milk, (B) 1 pint tomato stock, (C) seasonings.

Make (A) into white sauce, add (B), boiling hot, to (A), add (C) and serve at once.

TOMATO STOCK

(A) 1 quart tomatoes, (B) 1 small onion, (C) 1 tablespoon sugar plus 1 teaspoon salt plus 4 whole cloves plus 6 peppercorns plus 2 bay leaves. Boil until 1 pint. —"Jim" Taylor.

CLAM CHOWDER

4 dozen hard-shelled clams, ¼ lb. salt pork, 8 potatoes (medium size), 4 onions, 1 small can tomatoes, salt and pepper to taste.

Wash and scrub clams, place in pan mouth down with water just covering. Boil few minutes until mouth opens. Remove the clams from shell, cool and chop. Strain broth through cheese cloth. Dice salt pork, potatoes and onions. Brown salt pork in pan. Add all these, with can of tomatoes to clam broth and chopped clams. Cook two or three hours slowly. Add chopped parsley when done.

—Betty Curtis.

OYSTER STEW

1 small lump of butter. When melted, add oysters and bring to a definite boil. While oysters are cooking and before they have boiled, add a touch of McDowell's Worcestershire sauce, some salt and some paprika and a small touch of Beechnut chili sauce. After oysters have boiled for 1 or 2 minutes add cream or milk. Allow stew to boil not more than 3 minutes. Add another piece of butter and a small touch of pepper.—From Grand Central Station "Oyster Bar," N. Y.

Fish

SALMON MOULD WITH HOLLANDAISE SAUCE

1 can salmon, 1 tablespoon butter, 1 teaspoon mustard, 2 tablespoons vinegar, 1 cup rice, ½ teaspoon salt, 2 tablespoons lemon juice.

Boil rice till tender, drain and line buttered mold, fill center with seasonings mixed with drained salmon and cover mold with rice, put lid on mold and steam for ½ hour. Serve on hot platter surrounded with Hollandaise sauce.

STEAMED SALMON

1 can salmon, drain off juice, chop salmon fine, add yolks 4 eggs beaten very light, ½ cup bread crumbs grated, 4 tablespoons butter, ¼ teaspoon pepper, ½ teaspoon salt, chopped parsley, whites 4 eggs beaten stiff and dry, add last. Steam 1 hour. —Ruth Body.

TUNA FISH LOAF

1 large can tuna fish, break in pieces, 4 eggs, beat yolks and whites separately; 1 cup light bread crumbs, salt, paprika to season. Mix well together, bake 45 minutes in loaf pan.

Set pan in water. Serve with cream sauce with chopped Chives.
—Dorothy Phillips.

FISH SOUFFLE

1 lb. uncooked halibut chopped very fine, 1 pint bread crumbs (center of loaf), cook to smooth paste with 1 cup cream or milk, 1 teaspoon salt, ¼ teaspoon celery salt, add seasoning to fish; 4 egg whites, beat, add to above mixture.

Fill buttered fish mold and bake in pan of hot water until firm, ½ to ¾ of an hour.

SAUCE

Blanch and chop ¼ lb. almonds and brown in 2 tablespoons of butter in skillet. Make a white sauce of 1 tablespoon butter, 1 tablespoon of flour and 1 pint cream; add to fried almonds.

HALIBUT

Slice of halibut 3 inches thick. Wash well, tie with cheese cloth. Boil till tender, about 15 minutes. Take from water and drain well. Roll from cloth onto hot platter. Cover with white sauce with or without lobster cut-up in sauce. —Dorothy P. Phillips.

HOLLENDEN HALIBUT

Arrange 6 thin slices of fat salt pork 2½ inches square in dripping pan. Cover with 1 small onion very thinly sliced. Place a 2 lb. piece of chicken halibut over pork and onion. Mask with 3 tablespoons butter, creamed and mixed with 3 tablespoons flour, cover with ¾ cup buttered cracker crumbs and arrange thin slices of salt pork over crumbs. Cover with buttered paper, bake 50 minutes in moderate oven, remove paper after 35 minutes to brown. Garnish with slices of lemon and parsley and paprika. Serve with white sauce made with fat in pan and 1 tablespoon flour and 1 pint milk.

BAKED FISH WITH STUFFING

White fish or Rock Bass, 2½ or 3 lbs. Wash fish, dry and fill with dressing and sew up opening; pour 2 cups tomatoes in bottom of pan and bake in moderate oven—baste frequently. Allow 15 minutes for each pound of fish. Garnish with lemon and parsley.

Dressing: 1 cup bread crumbs, 2 tablespoons melted butter, 1 tablespoon chopped pickle, 1 tablespoon chopped onion, 1 teaspoon chopped parsley, ½ teaspoon salt, ¼ teaspoon pepper, mix well.

FILET OF SOLE

1 lb. filet of sole. Cut each strip in half, lay each strip of sole on strips of bacon. Roll up, fasten with toothpicks. Set in glass baking dish, bake 20 minutes in hot oven. Cover with sauce, with fresh shrimp or lobster cut in sauce, with ½ cup of finely chopped white of egg. Garnish with yolks and watercress. Serves 4.

—Dorothy P. Phillips.

SCALLOPS EN BROCHETTE

Place on skewers alternately thin slices of bacon cut in squares and scallops. Place upright in oven and brown. Baste with soup stock twice. Season and serve on toast.

SCALLOPS AND MUSHROOMS

1½ lbs. scallops, wash and drain well, 1 lb. small mushrooms, saute mushrooms 5 minutes in three tablespoons brown butter, ½ cup bread crumbs.

Alternate layers of mushrooms and scallops, a small amount of bread crumbs between layers.

Make cream sauce of 2 tablespoons butter, one heaping tablespoon flour, salt and pepper, ½ pint cream or milk; add butter from mushrooms, pour over scallops, cover with ½ cup bread crumbs, dot with butter and bake 45 minutes in medium oven. —Jean Wilmore

FRIED SCALLOPS

Wash and dry the scallops, roll in crumbs, then dip into egg, then into crumbs again. Fry in deep hot fat, drain and serve with or without bacon as an accompaniment. Garnish with parsley and cut lemon.

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LOBSTER THERMIDOR

1 cold chicken lobster cut in half, remove meat carefully; cut in dice, saute in butter, add 1 chopped shallot, 1 tablespoon of white wine, add 1 teaspoon mustard sauce, 2 teaspoons Bernaise sauce, mix, put back in shell and cover with Mornay sauce.

LOBSTER TIMBALES

14 moulds, ½ lb. lobster, 1 cup bread crumbs, 1 cup milk or cream, 1 teaspoon salt, 1 teaspoon Worcestershire sauce, 1 teaspoon onion juice, whites of 5 eggs.

Cut fish in small pieces, mix bread crumbs with cream, make into paste, add seasoning and mix well with lobster paste. Add well beaten whites of eggs last, fill molds and place in boiling water in moderate oven 20 minutes. Serve with tartar sauce.

DEVILLED CRAB MEAT

1 can crab meat, 2 tablespoons vinegar, 2 eggs well beaten, ½ teaspoon mustard, ½ teaspoon paprika.

Make white sauce using 1 pint of milk, 2 tablespoons of butter and 1 heaping tablespoon flour. Add this to first mixture, add 2 hard boiled eggs, cut lengthwise, put in buttered casserole, cover with bread crumbs, dot with butter and brown in oven. Serves six.

—Hazel Griese.

CRAB LORENZO
(Serve 4)

2 tablespoons of butter, 1 tablespoon of chopped onion, ½ clove of garlic. Fry onion and garlic in butter but not until brown, add ½ tablespoon of flour, 1 cup of crab meat, cook 2 or 3 minutes, add ½ cup of cream, cook until thick, season with ½ teaspoon of salt, ½ teaspoon of dry mustard, ½ teaspoon paprika, 1 teaspoon of Worcestershire sauce. Place crab meat on round bread which has been fried in butter, place in individual bakers, spread crab meat over bread. 2 tablespoons of grated Parmesan cheese, cream sufficient to make paste, bake 15 or 20 minutes. —Marie Wallace.

CODFISH CAKES

1 cup shredded codfish, 2 cups mashed potatoes, pepper, butter, 1 egg.

Slightly freshen the fish; have the potatoes freshly boiled and absolutely free from lumps. Blend the fish and potatoes, add the seasonings and egg, beat until light, shape into round flattened cakes on a slightly floured board and cook golden brown on both sides in drippings or bacon fat; or best of all, cook in tried-out pork fat. Serves four.

Fish cakes to which egg has been added as suggested above may be cooked in deep fat by taking spoonfuls of the mixture without any attempt at smoothing and dropping them gently into the fat.

ROE A LA MARYLAND

Put 1½ lbs. fish roe in well buttered baking dish, season with salt and pepper, add ½ cup each of stock and cooking sherry, spread roe with butter or bacon strips, bake in covered dish 15 minutes. Take up carefully and thicken liquid with yolks of 3 eggs beaten smooth and 1 cup cream. Take from fire, add 1 tablespoon butter, pour over roe and garnish with fried bacon and lemon and parsley.

JELLIED FISH

2 tablespoons granulated gelatine, ½ cup cold water, ½ cup boiling water, 2 cups leftover fish, ½ teaspoon salt, 2 tablespoons vinegar or lemon juice, ¼ teaspoon pepper, 2 tablespoons tomato catsup, 1 cup mayonnaise, 2 hard boiled eggs, sliced, 12 chopped stuffed olives.

Soften the gelatine in the cold water, then dissolve in boiling water. Flake the fish and add to it the salt, pepper, vinegar and tomato catsup, then the dissolved gelatine and mayonnaise. Decorate a previously wet mold with a few slices of hard boiled egg and part of the stuffed olives. Chop the remainder and add them to the fish mixture. As soon as this begins to set, turn it into the mold, being careful not to disturb the decorations. Chill, unmold and serve with additional mayonnainse. Serves six.

FRIED OYSTERS

Large oysters, egg, bread crumbs, celery salt, paprika, deep frying fat.

Choose the largest oysters obtainable for frying. Wash carefully in their own liquor, pat dry in a cloth, dip into slightly beaten egg, then into bread crumbs which have been seasoned with celery salt and paprika. Set aside for ½ hour, repeat the egging and crumbing process and fry golden brown in very hot deep fat. Drain and serve plain or with Tartar sauce, Maitre d'Hotel butter or Hollandaise sauce.

PANNED OYSTERS

24 large oysters, ½ teaspoon salt, ¼ teaspoon paprika, 2 tablespoons butter, buttered toast, parsley and cut lemon.

Put the oysters into a large shallow pan and cook until the edges begin to ruffle, moving them about during the cooking so they may heat evenly and not toughen. Season, add the butter, pour over hot buttered toast and garnish with parsley and cut lemon. Serves four.

RECIPE FOR CROQUETTES

½ cup thick white sauce, 2 cups chopped fish—tuna, salmon or left-over fish, liver or meat of any kind, small amount of celery or onion, can be added, salt and pepper.

Shape in balls or cone shapes. Roll in beaten egg and cracker crumbs. Fry in deep fat.

—Jean Wilmore.

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MAITRE D'HOTEL BUTTER

Chop parsley very fine and mix thoroughly with cold soft butter, melt and pour over meat.

EGG SAUCE

6 hard cooked eggs, diced, 1 cup cream, 1 tablespoon butter, a little paprika, 4 tablespoons finely chopped parsley.

Place the first 4 ingredients in top of double boiler, let cook 5 to 10 minutes. Remove from fire, add parsley and pour hot over cauliflower, asparagus or fish.

MUSTARD SAUCE TO SERVE WITH HAM

(½ water, ½ vinegar), ½ teaspoon salt, 2 heaping tablespoons dry mustard, ½ cup sugar, 1 tablespoon flour.

Cook until thick in double boiler. Cool and add whipped cream to taste. About ½ pint.

MINT SAUCE (for roast lamb)

1 cup sugar, ½ cup vinegar, ¼ cup water.

Boil until syrupy consistency, then add 2 or 3 tablespoons chopped mint and let stand where it will keep warm until serving.

—Mildred Jeavons.

HORSERADISH SAUCE (for Roast Beef)

Beat ½ pint of cream until very stiff. Add about 1 tablespoon lemon juice and finely grated fresh horseradish to taste. Beat well.

—Mona Talkes.

HORSERADISH CREAM DRESSING

½ cup Pantry Whipping cream, 3 tablespoons lemon juice, ½ teaspoon salt, ½ teaspoon sugar, few grains Cayenne, ½ teaspoon onion juice, 3 tablespoons grated horseradish root.

Beat Pantry Whipping cream until it begins to thicken; then add the lemon juice gradually and continue beating. When mixture is stiff add the salt, sugar, Cayenne and onion juice; lastly, fold in the grated horseradish; serve with meats.

MOCK HOLLANDAISE SAUCE

2 tablespoons butter, 1 tablespoon flour, 2 egg yolks, ½ teaspoon salt, 1 teaspoon of white pepper, 2 tablespoons lemon juice, 1 tablespoon onion juice if desired, ½ pint boiling water.

Method: Rub butter and flour together, add water gradually, add lemon juice. Strain. Add egg yolks one at a time, seasoning. Cook in double boiler.

—Florence Farch.

HOLLANDAISE SAUCE

½ cup of butter, 1½ tablespoons vinegar, yolks of 2 eggs, ¼ teaspoon salt, few grains of cayenne pepper, white of 1 egg.

Wash butter and divide into three pieces, put one piece in double boiler with vinegar and egg yolks well beaten, stir constantly, add second piece, as it thickens add third piece. Remove from fire and add white of egg beaten stiffly—careful to add slowly.

TARTAR SAUCE

Mayonnaise with twice the usual quantity of mustard, add chopped capers, pickles, olives, grated onion and parsley, well drained.

CUCUMBER SAUCE

1 cupful heavy cream, ¼ teaspoon salt, few grains cayenne pepper, 1 medium-sized cucumber, pared, chopped and drained, and 2 tablespoonsfuls vinegar.

Beat the cream until stiff, slowly add the seasonings and vinegar, and just before serving combine with the cucumber. This is delicious with any kind of cold fish.

—Agnes Stahl.

MUSHROOM SAUCE

½ lb. mushrooms, cut in pieces; 3 tablespoons butter, 2 cups thin cream sauce, ½ teaspoon salt, ¼ teaspoon pepper.

Brown butter, stir in mushrooms, saute 5 minutes. Pour in sauce, cook 10 minutes, salt, pepper. Stir in one teaspoon kitchen bouquet.

—Jean Wilmore.

THIN CREAM SAUCE

2 tablespoons butter, 1 tablespoon flour, 1 cup milk or cream, ½ teaspoon salt, ⅛ teaspoon white pepper.

Melt butter in saucepan, add flour and mix well; add cold milk slowly, stirring until smooth and creamy; add salt and pepper and boil about 3 minutes.

THICK CREAM SAUCE

2 tablespoons butter, 2½ tablespoons flour, 1 cup milk or cream, ½ teaspoon salt, ⅛ teaspoon white pepper.

Make as directed for Thin Cream Sauce.

TOMATO SAUCE

3 slices bacon cut into small pieces, 1 slice onion, chopped; 2 tablespoons flour, 1½ cups strained tomatoes, 1 tablespoon chopped green peppers, ½ teaspoon salt, few gratings of nutmeg, cayenne.

Put bacon into saucepan, add onion and brown slightly. Add flour, tomatoes which have been heated, and stir until thick and smooth. Add seasoning and peppers.

SAUCE MORNAY

Reduce 1 pint thick cream sauce ½, add 2 oz. grated Parmesan cheese, 2 oz. Swiss cheese. Put over fire a few minutes to melt cheese, stir constantly, add 2 oz. butter slowly after you take from fire.

COCKTAIL SAUCE

4 tablespoons chili sauce, 1 tablespoon horseradish, 1 teaspoon Worcestershire sauce, dash tabasco sauce, 2 teaspoons lemon juice, mix in order given. Chill. —Jean Wilmore

CRANBERRY SAUCE

1 quart of cranberries, 1 pint of sugar, 1 pint of water.

Put water on berries and let cook until soft. Put through sieve onto sugar. Stir well and put in mold. —Nellie Bowler.

Meats

Time Table For Cooking Meats

ROASTING

Allow 15 minutes to warm the meat through, and after that, figure the time.

Beef, (rare) 12 to 15 minutes per pound; (well done) 15 to 18 minutes
Lamb .....18 minutes per pound
Mutton .....20 minutes per pound
Veal .....30 minutes per pound
Pork .....30 minutes per pound
Chicken, 4 pound .....about 2 hours, or 20 minutes per pound
Turkey, 10 pound .....about 3½ hours, or 20 minutes per pound
Goose, 8 pound .....about 2 hours, or 15 minutes per pound
Duck .....40 to 60 minutes per pound
Game .....30 to 40 minutes per pound

BROILING

Steaks, 1 inch thick; (rare) 6 to 8 minutes; (medium) 8 to 10 minutes.
Steaks, 1½ inch thick; (rare) 8 to 12 minutes; (medium) 12 to 15 minutes.
Steaks, 2 inch thick; (rare) 10 to 15 minutes; (medium) 15 to 20 minutes.
Lamb, or Mutton Chops (well done).....8 to 10 minutes
Spring chicken .....20 minutes
Squab .....10 to 15 minutes

BOILING

Beef .....Slowly, 40 to 60 minutes per pound
Mutton .....Slowly, 20 minutes per pound
Corned Beef .....Slowly, 30 minutes per pound
Ham .....Slowly, 20 minutes per pound
Chicken .....Slowly, 20 minutes per pound
Fowl .....Slowly, 30 minutes per pound

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ROAST LAMB

Put leg of lamb in hot oven 15 minutes. Remove from oven. Season with salt and pepper and onion salt, dredge with flour and baste with hot water. Bake according to time chart.

RAGOUT OF LAMB

Cut meat in small pieces. Fry 1 tablespoon of minced onions in 3 tablespoons of butter and 2 of flour. Add 1 cup of tomatoes, 2 tablespoons of minced parsley, 2 tablespoons of catsup, salt and pepper, 1 quart of gravy and water or stock, 3 hard boiled eggs. Cut in large slices; put this with the meat in last. Heat through and put in baking dish and brown in oven. —Ellen Carpenter.

TONGUE FOR LUNCHEON

Cook pickled tongue until skin can be removed. Place tongue in baking dish and cover with following dressing: 2 cans Campbell's tomato soup, 1 can water, 1 large onion sliced, ½ green pepper. Cover dish and cook until sauce is creamy. Can be prepared the day before and reheated.

CHICKEN PIE

Singe, draw and clean a 4 lb. chicken as usual. Disjoint, cut the breast into four pieces, cut the thigh and leg apart. Save the neck, wing tips, heart, gizzard and liver for soup. Put on the rest with enough boiling water to cover; cook 2 hours.

Add 2 quarts washed, pared and diced white potatoes. Cook 20 minutes, or until the potatoes are tender. Add 1 tablespoon salt, ¼ teaspoon pepper, 1 tablespoon chopped parsley and 2 tablespoons flour mixed with a little cold water. Boil 3 minutes. Pour all into dish, cover with rich pastry. Bake 20 minutes in moderate oven.

PASTRY

Sift together, 1 cup flour, 2 teaspoons baking powder, 1 teaspoon salt, rub in very lightly 4 tablespoons shortening; add just enough cold water to make a stiff dough. Roll out on floured board and put over top of pie.

JELLIED CHICKEN

Boil two chickens very tender, cut off the meat and put in a mold in layers of dark and white. Put back the bones to boil until all their strength is boiled out. Strain this and add ½ package of gelatine and seasonings as desired. Pour over chicken and put away until cool. —Flora S. Ayers.

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JELLIED VEAL

2 lbs. of veal (shank), 2 quarts water, 1 teaspoon salt, ¼ teaspoon pepper, 1 bay leaf, 1 onion, 1 celery root.

Place meat in water with vegetables, let boil slowly until meat falls from bone. Strain liquid, remove bones, cut meat in small pieces. Reduce liquid to 1 cup, pour over meat. Place in mold and set aside to cool. Serve on platter garnished with hard boiled eggs and slices of tomato. —Jean Wilmore.

POT ROAST

2½ lbs. of beef (chuck or rump), 2 tablespoons butter, 1 leaf, 1 pint boiling water, 1 tablespoon flour, 1 onion, chopped fine, salt and pepper.

Season and prepare meat as desired, and sprinkle with flour. Heat the fat and fry the onion in it until light brown; add the meat, brown on all sides to keep in the juices. Pour on the boiling water, add bay leaf, then let simmer slowly about 2½ hours, or until tender. Add a little boiling water to prevent burning. Sliced or stewed tomato laid on top of the meat ½ hour before serving makes a fine flavor. Thicken gravy with 1 tablespoon flour. Serve with Franconia Potatoes, page 228.

RUSSIAN STEAK

2½ lbs. sirloin steak cut 1½ inches thick, 2 tablespoons butter, 1 teaspoon salt, ⅛ teaspoon pepper, ½ cup mushrooms, ½ cup celery, 3 tablespoons pimento stuffed olives, 1 tablespoon Worcestershire sauce, 2 tablespoons catsup, ½ cup carrots.

Lay steak in baking pan, salt and pepper, dot with butter and some small bits of fat. Mix the vegetables which have been cooked and add the seasoning. Spread over the steak. Bake in hot oven 20 minutes. —Marguerite Potts.

VEAL ROLLS OR MOCK BIRDS

Take veal steak, cut thin, 3 by 5 inches in size. Spread with any desired Bread Dressing, or fill with chopped boiled ham, a small lump of butter or other fat, salt, pepper, chopped parsley and a little chopped onion. Make little rolls of them and tie or pin with a tooth pick. Roll them in flour and brown well in butter. Put in roaster, pour over 1 cup of milk, bake slowly 1 hour. Serve with mushroom sauce. —Jean Wilmore.

BAKED VEAL CUTLETS

2 lbs. veal cut in pieces large enough for a serving. Dip in egg and cracker crumbs, fry until nicely browned in butter. Put browned pieces of veal in top of double boiler or in a steamer. Pour over it two cups of cream sauce. Let steam for two hours. Pork chops can be prepared same way. Salt to taste. This is delicious.

—Jean Wilmore.

SWEETBREADS

Cover sweetbreads with cold water, bring to boiling point. Drain, cover with cold water and bring to boiling point and boil 5 minutes. Plunge in cold water, remove membrane. Roll in flour, fry in butter until brown. Cover with half milk and half cream. Bake slowly for an hour in oven. —Mona Talkes.

LUNCHEON SWEETBREADS

12 sweetbread, 12 small slices cooked ham, ½ inch thick. Drop sweetbread in boiling salted water for 10 minutes. Plunge in cold water and skin. Roll sweetbread in flour, brown in butter, season. Arrange slices of ham in bottom of large roaster, dot with butter. Place sweetbreads on ham. Bake in slow oven 45 minutes. Serve on rounds of buttered toast with mushroom sauce.

MEAT WRAPPED IN CABBAGE LEAVES

1 head cabbage, 1 lb. round steak, ground, ½ lb. pork ground, 1 egg, 1 cup cooked rice, mix well.

Season to taste. Boil cabbage until half done. Then take each cabbage leaf and wrap around meat mixture holding together with tooth picks. Bake in moderate oven. —Helene Rock.

SWISS STEAK

Pound flour into piece of round steak on both sides. Season well and saute in hot suet drippings until a brown crust is formed. Then add water to almost cover and simmer slowly for 1½ hours.

SAVORY ROUND STEAK

Place round steak in baking pan, cover with layer of buttered bread crumbs mixed with sage, onion, pepper and salt. Roll carefully and tie. Bake in quick oven for 5 minutes, then lower heat and baste with hot water and a little butter or oil.

MEAT LOAF

½ lb. veal, ½ lb. pork, 1 lb. beef, ½ small onion, ½ cup carrots, 2 teaspoons salt, ⅛ teaspoon pepper, 1 egg, ½ cup rich milk, 1 cup bread crumbs.

Grind meat, onion and carrots and add remaining ingredients. Grease a ring mold well with a piece of suet. Pack mixture firmly into mold. Dot with small pieces of suet, salt pork or bacon. Set in a hot oven for 15 minutes, then reduce heat and bake for 45 minutes. Will serve eight. Fill center with creamed potatoes and garnish with a border of stuffed tomatoes. —Ellen Carpenter.

HAM LOAF

1½ lbs. fresh pork, ground; 1½ lbs. smoked ham, ground; 2 eggs, ½ cup bread crumbs, 1 cup milk.

Mix and form into a loaf and over the top spread 1 teaspoon of dry mustard and ½ cup brown sugar. Bake 2 hours in a moderate oven, adding water as needed. —Helene Rock.

BAKED HAM RENEE

Sliced uncooked ham (1 inch thick), prepared mustard, ⅓ cup Borden's Sweetened Condensed milk, 1 cup hot water.

Pan broil ham on both sides for 1 minute. Spread with mustard to cover well (⅛ inch thick). Mix condensed milk with hot water until thoroughly blended and pour over ham in baking pan. Bake in moderate oven (350 deg. F.) with pan covered for 15 minutes, then remove cover and cook until tender and liquid is absorbed (about 30 minutes). May be served with pineapple rings or fried apple rings (mustard may be omitted). —Frances Brockett.

BAKED SLICED HAM

Slice of ham 1¼ inch thick, mix 1 teaspoon mustard and ¼ cup sugar, rub mixture in ham; put in dripping pan, cover with milk, cover pan and bake slowly 1½ hours or longer at 325 degrees. Make gravy when ham is removed from pan. —Ina Carlson.

PORK TENDERLOIN

1 onion cut fine, 1 or 2 bay leaves, 1 can tomatoes, 3 tablespoons olive oil, little water.

Place tenderloins cut in size for serving, in roaster with the above ingredients and bake slowly until tender, basting and turning occasionally. This is for two or three pounds of meat. —Julia Dodd.

DELICIOUS PORK CHOPS

Flour and salt medium sized pork chops. Put in iron skillet. Cover with milk and bake slowly in oven for at least an hour.

— Mona Talkes.

PORK CHOPS WITH APPLES

Pork chops, thick; salt and pepper, apples, sugar.

Take pork chops 1½ inches thick, sprinkle with salt and pepper. Cover each chop with half of an unpeeled apple, cut crosswise and cored, placing cut side on chop. Sprinkle apple with sugar, place in pan, in medium oven, and bake 30 to 40 minutes, basting often, until well browned. Serve hot with gravy slightly thickened with cornstarch, or a little sour cream.

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BAKED PORK TENDERLOIN PATTIES

Fry pork tenderloin patties in butter until nice and brown. Remove patties to roasting pan, cover with milk and bake at least an hour in slow oven. Delicious served with sauted mushrooms.

—Mona Talkes.

STUFFED PORK TENDERLOIN

2 large pork tenderloins split open, ½ small loaf bread, break up in small pieces. Add one egg, salt, pepper and sage to taste. 1 stalk celery cut fine; fry out one onion cut fine in 1 tablespoon of butter; mix well together, add enough milk to moisten.

Place stuffing in tenderloin and fasten edges together with tooth picks. Roll in flour, salt, pepper and brown in butter. Pour over this 1 cup of water or stock; put on tight lid and steam slowly for 1 hour.

—Dorothy Phillips.

EASY SPARE RIBS AND SAUER KRAUT

Peel and cut up one apple into sauer kraut and put into roaster with a little water and bake slowly all afternoon. 2 hours before serving your dinner mix spareribs in with sauer kraut.

Half an hour before serving bring spareribs to top of roaster and allow to brown. A few weiners added with spareribs give a good flavor to the sauer kraut. —Ethel Uhl.

VEAL AND HAM LOAF

2 pounds of lean veal, ½ pound of smoked ham, ground together; 1 cup of bread crumbs, 1 cup of cold water, salt and pepper to taste, 1 egg beaten.

Bake in buttered bread tin 1 hour, serve in mushroom sauce.

—Nellie Bowler.

WILD DUCK

Clean and weigh wild duck. Stuff with highly seasoned dressing or onion, celery stalks or sour apples. Truss legs and wings. Salt. Place in roasting pan, breasts up. Lay one slice of bacon on each breast. Put in very hot oven. Allow 25 minutes to pound. Add 15 minutes. Serve with wild rice with mushroom sauce. —Jean Wilmore.

WILD RABBIT

Clean and remove all fat. Let stand in cold water 2 hours. Dry on towel, roll in flour, brown in butter; salt and pepper. Cover all with 1 can tomato soup, 1 can water, two slices onion. Bake 1 hour in medium oven. —Pauline Keil.

GARNISH FOR MEAT

Soak large prunes until soft. Wrap each prune with a strip of bacon sliced thin and fry in deep fat until bacon is crisp. Serve with roast chicken or turkey. —Nellie Bowler

ENGLISH YORKSHIRE PUDDING (to be served with Roast Beef)

1 cup milk, 1 cup flour, 2 eggs, ¼ teaspoon salt.

Mix salt and flour, add milk gradually to form a smooth paste; then add eggs beaten until very light. Cover bottom of hot pan with some of beef fat tried out from roast, pour mixture in pan ½ inch deep. Bake 20 minutes in hot oven, basting after well risen, with some of the fat from pan in which meat is roasting. Cut in squares for serving. —Mona Talkes.

GENERAL ELECTRIC STUFFING FOR TURKEY

1 loaf bread (if bread is fresh, slice and lay on refrigerator shelves over night), 1 cup crisp bacon broken up fine, ½ cup mushrooms sliced, ½ cup chopped onion, ½ cup melted butter, 1 teaspoon sage or poultry seasoning, 1 tablespoon salt and pepper.

Melt butter in pan and slowly fry onion and mushrooms about 10 minutes. Add bacon and other seasonings. Dip each slice of bread quickly in bowl of cool water and squeeze as dry as possible, toss into large bowl and add other ingredients and pack loosely inside of turkey. This may be prepared the night before and put in the turkey.

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Vegetables

TIME TABLE FOR COOKING VEGETABLES

Potatoes, white	20 to 30 m.
Potatoes, sweet	15 to 25 m.
Asparagus	½ to 1 hr.
String Beans	30 m to 2 hr.
Beets	45 m.to 3 hr.
Cabbage	40 to 60 m.
Turnips	30 to 40 m.
Onions	30 to 60 m.
*Served same as vegetables.	
Parsnips	15 to 45 m.
Green Corn	10 to 20 m.
Cauliflower	20 to 25 m.
Tomatoes	15 to 20 m.
*Barley	1 to 3 hrs
*Boiled rice	20 m.
*Steamed rice	40 to 50 m.
*Macaroni	30 to 50 m.
*Noodles	10 to 20 m.

To avoid odor in cooking onions or cabbage, add ¼ teaspoon soda, leave kettle uncovered and change water twice.

GENERAL RULES FOR VEGETABLES

Wash vegetables thoroughly, pare and scrape, if skins must be removed. Keep in cold water until they are to be cooked, to keep them crisp and to prevent their being discolored. Cook in boiling water; the water must be kept at the boiling point. Use 1 teaspoon salt with 1 quart water; put the salt into the water when the vegetables are partially cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh, green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper and serve hot with butter or sauce.

When butter is too high in price, use butterine, nut butter, meat fat or vegetable oil, in preparing vegetables for the table. Use ¼ less when using oil, ham, bacon, beef or poultry fat.

CANDIED SWEET POTATOES

6 medium sized potatoes, 3 tablespoons butter, 4 tablespoons water, 1½ cups brown sugar.

Boil potatoes, cool, quarter or cut in thick slices. Melt butter in skillet, add sugar and water. Allow to come to a boil, put in sweet potatoes, turn in syrup several times, put in hot oven for 15 minutes, salt. —Jean Wilmore.

SWEET POTATO IN ORANGE SHELLS

Boil, mash and season sweet potatoes. Add small amount of orange juice to potato mixture. Place in orange shells from which all pulp has been removed. Place in oven with marshmallow on top of each and brown. —Marguerite Potts.

SWEET POTATO CROQUETTES

4 large sweet potatoes, 4 tablespoons sugar, 1 teaspoon salt, ½ cup chopped raisins, marshmallows.

Method: Boil potatoes until tender, then mash. Add sugar, salt and raisins. Let stand until cold. Form into croquettes with a marshmallow in the center of each croquette. Roll in egg and bread crumbs. Fry in deep fat. —Florence Farch.

SWEET POTATOES WITH APPLE GLACE

2 cups thinly sliced raw apples, 2 cups thinly sliced raw sweet potatoes, 1 teaspoon salt, 3 to 4 tablespoons brown sugar, 2 to 3 tablespoons butter.

Butter a medium sized casserole. Put in a layer of apple, then one of sweet potato. Sprinkle with little sugar, salt and dot with butter. Continue in this way until all is in. Bake, covered, in moderate oven (350 degrees) until tender (about an hour). Then sprinkle with little cinnamon and sugar and brown quickly. —Mona R. Talkes.

JELLIED SWEET POTATOES

4 large sweet potatoes, 1 glass currant jelly, piece of butter.

Boil potatoes, let cool, peel, cut in 1 inch slices, cut out a cone shaped piece from center. Fill with jelly, on top of jelly a piece of butter size of hickory nut, sprinkle with salt, place in buttered tin, place in medium oven for 30 minutes. If not brown place in broiler a few minutes before serving. —Jean Wilmore.

HASHED IN CREAM POTATOES

Bake if possible the day before using, the required amount of white potatoes needed. Peel, cut in very small pieces, season and place in top of double boiler. Pour over them cream enough to cover. Steam for one hour. Boiled potatoes may be used the same way.

—Beth F. Fiske.

CREAMED RAW POTATOES

Dice raw potatoes, place in double boiler and cover with thick cream. Cook over slow fire 1½ to 2 hours. Remove, put in large lump of butter and season with salt and pepper. —Mildred Jeavons.

RAW POTATO PANCAKES

1 quart grated raw potatoes, 3 eggs, 1 teaspoon salt, ¼ cup flour, 1 teaspoon baking powder.

Beat well, fry a tablespoonful at a time like pancakes on a hot griddle.

POTATO FRITTERS

8 medium sized potatoes cooked, ¼ cup flour, 1 egg, 1 teaspoon salt.

Mix and fry as pan cakes. Serve with following dressing: Soak 1 sliced cucumber in salt water ½ hour, then drain and add 1 egg beaten and 1 cup of milk, cook slowly, then add 2 teaspoons butter and 2 tablespoons of vinegar very slowly as this curdles easy.

—Agnes Stahl.

POTATO PUFFS

2 cups mashed potatoes, 3 eggs beaten and added, 1 cup sifted flour, 2 teaspoons baking powder, ¼ teaspoon salt, sift again.

Fold flour mixture into potato and egg mixture. Drop by teaspoon into deep fat, drain and serve at once. —Ina Carlson.

POTATOES PAPRIKA

Cook potatoes in jackets. Let cool with jackets on and with cover on pan. Peel, cube, and place in a frying pan with a generous amount of butter and enough paprika to color the potatoes. Cook for 5 minutes in the butter, then add some pure sweet cream to almost cover, and cook slowly for 45 minutes. —Marie Wallace.

POTATOES A LA ITALIENNE

1 lb. Irish potatoes, 1 tablespoon cream, 1 tablespoon butter, 2 eggs, ½ teaspoon salt, ½ teaspoon paprika.

Boil and peel potatoes, mash, add cream, butter, salt and paprika and egg yolks beaten, then fold in beaten whites of eggs and bake 20 minutes.

POTATOES AU GRATIN

Boil 6 large potatoes—cut in dice, cover with a rich cream sauce and add 1 teaspoon onion juice. Place in baking dish and cover with grated cheese and brown in oven.

CROQUETTES, POTATOES

(A) Hot boiled potatoes; mash slightly and measure 2 cups, (B) 2 tablespoons butter, (C) ½ teaspoon salt plus 1 teaspoon chopped parsley plus little onion juice plus ¼ teaspoon celery salt plus cayenne, (D) 2 tablespoons milk plus yolk 1 egg beaten slightly.

Mix in order given. Make as soft as possible, shape, roll in egg and crumbs and fry 1 minute in smoking hot lard. White or sweet potatoes may be used.

BEETS WITH SOUR SAUCE

12 small beets, 2 tablespoons butter, 2 tablespoons flour, ½ cup water from beets, ¼ cup cream or evaporated milk, 1 teaspoon sugar, ¼ cup vinegar, salt and pepper. Wash beets and cook until tender in boiling salted water. Rinse in cold water, peel and cut in cubes. Melt butter, add flour and beet water. When thickened stir in other ingredients. Pour over beets hot. —Dorothy Phillips.

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HARVARD BEETS WITH RAISINS

12 small cooked beets, ¼ cup sugar, ¼ tablespoon cornstarch, ¼ cup vinegar, ¼ cup seeded raisins, 1 tablespoon butter.

Cut beets in thin slices, small cubes, fancy shapes, or leave them whole if very small. Mix sugar and cornstarch, add vinegar and boil 5 minutes. Add beets and raisins and let stand on back of range ½ hour. Just before serving, add the butter.

CREAMED EGG PLANT AND MUSHROOMS

Cut top from medium sized egg plant and remove pulp without breaking skin. Cut pulp in medium small pieces and boil in small amount of salted water until tender. Drain thoroughly; add 1 can mushrooms (fresh mushrooms may be used if desired) and mix together with rich cream sauce. Season with salt and pepper and return mixture to egg plant shell for serving. If preferred, mixture may be placed in casserole, covered with buttered bread crumbs and browned in oven. —Norma Farmer.

STUFFED EGG PLANT

Parboil egg plant. Cut in half and scoop out center. Mix with 2 stalks of celery chopped fine. ½ medium sized onion chopped, 1 teaspoon chopped parsley and 1 whole egg. Put mixture back into shell, cover top with bread crumbs and bake 20 minutes. Large green squash may be prepared in this manner also. —Florence Farch.

ESCALLOPED EGG PLANT

16 slices of egg plant, 2 cups cream sauce, ½ cup buttered bread crumbs.

Put egg plant in boiling water for one minute, dry on a towel, dip in egg and cracker crumbs. Brown quickly in butter and cream, quarter and fill baking dish—Pour over cream sauce, sprinkle with chopped green pepper. Over top buttered bread crumbs. Bake in slow oven for 30 minutes. —Jean Wilmore.

CARROT RING WITH PEAS

2 cups carrot pulp, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon chopped onion, 3 eggs, 1 cup milk.

Cook carrots till tender. Press thru ricer and measure 2 cups. Season. Beat eggs slightly and add milk, then blend well with carrot mixture. Pour in well greased ring mould and set in pan of warm water. Bake in moderate oven 375 deg. F. 35 min. Fill center with fresh peas topped with whipped cream. —Helene Rock.

CORN OYSTERS

½ can corn, 3 soda crackers, 3 eggs, salt, pepper, a little sugar.

Mix corn with yolks, add cracker crumbs and season. Just before frying add well beaten whites. Fry in mixed butter and Crisco. —Ruth Champney.

BAKED CORN

1 can corn (yellow), ½ cup milk, 1 tablespoon butter (cut up), 1¼ teaspoons salt, ⅛ teaspoon pepper.

Turn corn into earthenware bake dish. Add milk, salt, pepper and butter. Mix and cover. Place in oven with Lorain Regulator set at 400 deg. F. Bake 30 minutes. Serve hot.

—Ina Carlson (Lorain Cook Book)

CORN SOUFFLE

(Serves six)

2 cups green corn pulp, 1 teaspoon salt, dash of pepper, 2 tablespoons melted butter, 2 tablespoons flour, ¼ cup milk, 2 eggs.

Mix the corn pulp, salt, pepper and melted butter, stir in the flour, and add the milk. Separate the eggs, beat the yolks, and add them to the mixture. Then beat the whites stiff and fold them in. Pour into a buttered baking dish or into individual baking dishes, set in a pan of hot water, and bake until brown. Serve at once.

CORN PUDDING

Cut raw corn from 6 ears, first cutting down the middle of each row; add 2 well-beaten eggs and half a pint of hot milk in which has been melted a good-sized piece of butter. Beat the whole well, add 2 teaspoons of sugar and a little salt; bake in a deep buttered dish about three-quarters of an hour in a good oven. —Agnes Stahl.

CORN FRITTERS

½ cup milk, 2 cups cooked corn, 1½ cups flour, 1 teaspoon salt, ⅓ teaspoon pepper, 2 teaspoons baking powder, 1 tablespoon melted shortening, 2 eggs.

Add milk to corn; add flour sifted with salt, pepper and baking powder; add shortening and beaten eggs; beat well. Fry by spoonfuls on hot greased griddle or frying pan. If fried in deep fat make batter stiffer by adding ½ cup flour and 1 teaspoon baking powder.

MEXICAN CORN

1 can whole kernel corn, 1 chopped green pepper, salt and paprika.

Brown 1 tablespoon butter, stir in pepper, cook 2 minutes, stir in corn, allow to cook about five minutes, stirring all the time. Season well with salt and paprika. —Jean Wilmore.

STRING BEANS WITH CHEESE

Put thoroughly drained, boiled or canned string beans in buttered baking dish; season with salt and cayenne; add ½ cup grated cheese, 1 tablespoon butter, and ¼ cup heavy cream. Stir until well mixed. Sprinkle with grated cheese and dot with 1 tablespoon grated cheese. Reheat in hot oven. (400 deg. F) —Gertrude Findlay.

SUCCOTASH

¼ lb. young salt pork, 1 pt. lima beans, 2 dozen ears corn, 1 tablespoon chopped green pepper or red sweet pepper. Grind pork fine, cover with boiling water and cook about 20 minutes—add lima beans. Do not add any more water unless necessary, add green pepper, cook until beans are nearly done, then add corn which has been scraped (not cut) from the cob. Cook until corn is done, stirring constantly, season with salt, paprika and a little butter. If when you add corn, you set the pan into another pan of boiling water thus making a double boiler—there is no danger of burning and you do not have to stir constantly. —Nellie Bowler.

PEAS OR BEANS WITH MUSHROOMS

3 lbs. peas or 1 lb. beans, ½ lb. mushrooms, 1 cup rich cream sauce, salt, pepper.

Clean and boil peas or beans, saute cut up mushrooms in browned butter. Drain peas or beans well. Mix with mushrooms, pour over cream sauce. Put in oven or top of double boiler to heat and blend well, season. —Jean Wilmore.

SPANISH LIMA BEANS

¾ cup bacon diced, 1 cup dried lima beans, 2 to 3 onions, 1 can tomato puree, ½ bay leaf, ½ teaspoon salt, ½ teaspoon pepper, ½ teaspoon paprika, 2 tablespoons flour.

Soak the beans over night in cold water and cook slowly for two hours or until soft. Fry the diced bacon in a skillet, add the onions and cook until evenly browned. Add the tomato puree, bay leaf, seasoning and flour. Cook for a few minutes, then add the beans drained.

SWEET-SOUR BEANS (Bohemian)

Boil in salt water until tender 1 lb. of green or yellow string beans.

Sauce: 2 tablespoons butter, 1 medium sized onion, coarsely chopped, 1 heaping tablespoon flour, 2 tablespoons sugar, ⅓ cup vinegar, 1 cup of liquor from the cooked beans, ½ pint sour cream, 1½ teaspoons paprika, red pepper to taste, 1 tablespoon finely chopped parseley.

Method: Fry onion in butter until transparent, stir in sugar and flour. Add liquor from beans, vinegar and seasonings. Cook until thick. Add cream. Pour over beans and before serving stir in parseley. (Summer squash may be prepared in this manner also.)

—Florence Farch.

SOUR BEANS

Cut wax beans very fine and on a slant, cook as usual, and when just done, drain water off and add 1 tablespoon onion cut very fine Replace cover to let onion steam, but not cook. Take 3 slices of bacon cut in bits—fry out, add to beans, and also one cup sour cream. Heat again and serve. This recipe is for 1 pound beans.

—Ethel Uhl.

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RED CABBAGE

1 cabbage (red), 6 apples (medium size), one onion with six cloves in it, 2 tablespoons bacon fat. Put onion and apple in bacon fat, add cabbage and cook for 2 hours. Then season with ⅓ cup sugar and ⅓ cup vinegar, salt and pepper. Cook ½ hour.

—"Jim" Taylor.

SWEET-SOUR CABBAGE (Bohemian)

Boil until tender 1 head of finely shredded cabbage in salt water, to which has been added 1 teaspoon caraway seeds.

Sauce: 3 tablespoons lard, 1 large onion, coarsely chopped, 2 tablespoons sugar, 1 heaping tablespoon flour, ½ cup vinegar, pepper to taste.

Method: Fry onion in lard until transparent. Add sugar, blend in flour, add vinegar. Cook until thick. Pour over cabbage, mix well and add pepper to taste. —Florence Farch.

HOT SOUR CREAM CABBAGE

Shred cabbage as for slaw. In kettle place 2 tablespoons butter, melt, add cabbage and steam about 15 minutes. Add 1 egg, ½ cup sour cream, 3 tablespoons vinegar, 1 tablespoon flour beaten well together, to the cabbage. Cook over slow fire about 5 minutes. Salt and pepper.

CABBAGE AU GRATIN

Cut cabbage in quarters, soak in cold salted water for 20 minutes. Drain, cut in small pieces, put in large saucepan, cover with boiling water, salt to season, cook rapidly, uncovered for 20 minutes.

Chop 3 cups cooked cabbage until very fine. Melt 2 tablespoons butter, add 2 tablespoons flour, stir in 1 cup milk. Cook until mixture is smooth and thick, then add 1 teaspoon salt, ¼ teaspoon paprika. Put layer of cabbage in greased baking dish, cover with layer of sauce, repeat until used up. Cover with ½ cup bread crumbs mixed with 2 tablespoons butter. Bake in moderate oven 20 minutes or until crumbs are brown. —Dorothy Phillips.

SAUER KRAUT

Cut 1 apple into sauer kraut and bake in oven about 6 hours. About 2½ hours before serving mix spare ribs in sauer kraut and continue baking until about ½ hour before serving and then bring spare ribs to top to brown. Weiners may also be added the last half hour of cooking for flavor.

BAKED SPANISH ONIONS

Select onions, not too large; peel—remove center with apple-corer, boil about ten minutes, remove from water. Put in roasting pan, stuff centers with sausage meat. Place large piece of butter on top and little water in the pan. Baste frequently and bake till tender.

—Mildred Jeavons.

ONIONS—HASHED IN CREAM

Cut 6 onions very fine and boil in salted water until soft—drain and add 1 cup thick cream,, 2 squares of butter, heat 5 minutes and serve.

STUFFED ONIONS

Peel and steam without water in saucepan 6 medium sized onions. Remove centers and chop fine; add 1 cup of sausage meat, ½ cup bread crumbs, 1 well beaten egg, 2 teaspoons chopped parsley, 2 tablespoons cream, and seasoning. Divide this mixture into the onion shells, place in Double Baking Dish Inset, cover and bake over low flame for 1 hour. Serve hot with white sauce and garnish with strips of pimentos and sprigs of parsley. —Jean Wilmore.

CELERY AU GRATIN

3 cups diced celery, 1½ cup medium thick white sauce, ½ cup grated cheese, ½ cup dry bread crumbs. Boil celery in small amount of water until tender. Butter baking dish, put in alternate layers celery and sauce. Cover with cheese and bread crumbs. Bake 20 minutes in moderate oven. Sliced almonds may be used instead of cheese. —Mabel Klie.

CELERY ROOT TIMBALE

6 celery roots, steam in soup stock or water with butter. When cooked mash through sieve. Beat 4 eggs, add celery, ½ cup cream, pepper and salt. Bake in timbale forms in pan of boiling water about 20 minutes. Serve with cream mushrooms and chicken. This can be made with peas and carrots instead of celery root.—Mabel Klie.

BRAISED CELERY

Cut leaves from celery stalks, leaving stalks whole. Wash well; do not break them. Cook celery in slightly salted water. When tender (pricking) drain. Then put in shallow baking dish and pour over them some brown sauce but do not entirely cover. Brown sauce may be made from gravy of roast with few drops of Maggi.

—Fay Hampton.

BRUSSELS SPROUTS WITH CELERY

2 cups cooked Brussels sprouts, 2 cups cooked celery, 4 tablespoons butter, 4 tablespoons flour, 1 cup milk, ¼ teaspoon salt, ⅛ teaspoon pepper.

Use one-half cup of the celery cooking water with milk, butter and flour, to make a white sauce. Add celery, season and arrange in layers with Brussels sprouts in baking dish. Cover with buttered crumbs and bake in a moderate over. 350 deg. F., to brown.

BRUSSELS SPROUTS WITH CHESTNUTS

1 qt. Brussels sprouts, ½ lb. Italian chestnuts, 2 cups cream sauce, ½ cup cracker crumbs, 1 tablespoon butter.

Parboil Brussels sprouts in salted water, drain, boil and peel chestnuts, quarter or slice. Butter baking dish, alternate layers of sprouts and chestnuts, season—pour over all cream sauce. Sprinkle buttered crumbs over top. Place in oven, bake for thirty minutes, slow. —Jean Wilmore.

CREAMED TOMATOES

Select firm tomatoes; skin, cut in half; put in roasting pan with ½ inch of water; sprinkle each half with salt, pepper, sugar; a good lump of butter on each. Bake about ½ hour; remove tomatoes to hot platter. Add to juice in pan lump of butter, tablespoon flour, 1 cup milk, stirring constantly. When brown and thick, pour over tomatoes. Serve with bacon. —Mildred Jeavons.

FRIED TOMATOES WITH CHEESE SAUCE

Wash tomatoes and cut in thick slices without peeling. Dip in flour and fry brown for about 20 minutes.

Cheese Sauce: 1 cup milk, 1 tablespoon flour, ¾ cup grated cheese, ½ teaspoon salt.

Make cream sauce of flour and milk. Add seasoning and cheese just before serving. Serve over fried tomatoes. —Fay Hampton.

SCALLOPED TOMATOES

4 large raw tomatoes, or 1 pint canned tomatoes, 1 pt. stale bread crumbs, 2 tablespoons butter, ½ teaspoon salt, ¼ teaspoon pepper.

Put a layer of tomatoes in a granite or earthen baking dish. Dust lightly with salt and pepper. Put over a layer of crumbs, then a few bits of butter, then a layer of tomatoes, and so continue until all the ingredients are used, having for the last a layer of crumbs over which put bits of butter. Bake in a moderate oven, fresh tomatoes ¾ of an hour, canned tomatoes ½ hour.

SPINACH MOUSSE RING

1¾ cups of cooked chopped spinach, 2 tablespoons butter, ½ cup of milk or cream, pepper and salt, grated nutmeg if desired, 2 tablespoons flour, 3 eggs, grated onion juice 1 teaspoon.

Melt butter, add flour and gradually milk, let thicken . Add egg yolks one at a time. Add seasoning and mix well. Let cool then add spinach which should be well drained. Fold in stiffly beaten egg whites and pour into well buttered ring mold. Place mold in pan containing enough water to reach half the height of ring mold. Bake in oven 25 minutes. Serve with mushroom sauce. —Florence Farch.

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SPINACH WITH CREAMED MUSHROOMS

Fill a ring mold with boiled chopped spinach. Steam a few minutes until it will slip from the mold. Fill center with strips of bacon, standing upright, which has been delicately fried. Surround with squares of toast covered with creamed mushrooms. —Bess Collins.

SPRING GREENS

(Just a little different)

2 lbs. spinach, 1 tablespoon butter, 1 onion, ½ teaspoon flour, 1 egg, 2 tablespoons soup stock.

Boil spinach and chop fine. Put butter over fire and add onion chopped fine, add flour and broth then spinach and then beaten egg. —Agnes Stahl.

ASPARAGUS TIPS WITH PIMENTO

Open can of asparagus tips at the bottom and turn gently into a strainer. Place over a sauce pan of boiling water, cover closely and cook until heated through. Place on individual plates and cover with pimento sauce.

Pimento Sauce: 2 tablespoons butter, 2 tablespoons flour, 1 cup milk, 2 tablespoons pimento, ½ teaspoon salt, few grains pepper, few drops onion juice.

Melt butter, add flour and when well mixed add milk a little at a time and stir until the sauce boils. Add pimento cut in small pieces and seasonings. This can be kept hot for an hour or so, if covered closely and placed over hot water. One chopped ripe olive may be added to give the black and red contrast if desired.

ENDIVE EUROPEAN WAY

Wash endive. Do not break. Cook slowly in salted water until tender. Drain and be sure all of the water is out of the stalks. Lay in shallow baking dish side by side; pour a little cream or top milk over stalks but do not entirely cover. A few fine bread crumbs on top of each stalk and little dabs of butter; put over fire long enough to reheat and brown bread crumbs. —Fay Hampton.

SQUASH SOUFFLE

Two cups of hot steamed squash put through sieve; add 1 tablespoon brown sugar, 1 teaspoon salt, ⅛ teaspoon pepper, 1½ cups rich milk, yolks of 2 eggs beaten until thick and lemon color; cut and fold in beaten whites of eggs; turn into hot buttered baking dish and bake until firm. —Mildred Jeavons.

SOUR CREAM CUCUMBERS

Slice 2 cucumbers very thin, mix with 1 tablespoon salt, cover and let stand in ice box for 15 minutes. Squeeze out water from cucumbers. Add ⅓ teaspoons white pepper, 1 teaspoon sugar, ¼ cup vinegar and ½ pint of sour cream. Finely chopped onion may be added if desired. —Florence Farch.

CAULIFLOWER AND MUSHROOMS

Boil cauliflower in salt water, be careful not to boil too long. Break in small pieces and place in baking dish in layers alternating with mushrooms which have been salted. Pour a thick white sauce over all and cover with bread crumbs dotted with butter. Brown in medium oven. —Marguerite Potts.

BROCOLI AU GRATIN

Steam Brocoli, place in baking dish, cover with white sauce. Spread with buttered bread crumbs and grated cheese. Bake 25 to 30 minutes. —Flora Ayers.

FRIED APPLES

Core and slice 6 sour apples. Fry in butter until tender, just before removing from fire, stir in ½ cup brown sugar, ½ teaspoon salt. Do not cook until about ready to serve.

WILD RICE

1 box wild rice (wash) put on to boil in salted boiling water. Boil 30 minutes, drain. Brown 4 tablespoons butter, put in rice and mix well, add 1 tablespoon Worcestershire sauce, salt to taste, butter ring mould, press rice down well. Bake in hot oven 30 minutes. When ready to serve turn out on platter, fill center and around ring with mushroom sauce. Serves 8 to 10 people. —Jean Wilmore.

NOODLES

Boil egg noodles in salt water about 10 minutes, drain in colander and pour cold water on them. Return to stove in pan which can be set in another pan of hot water and covered as they are better when allowed to stand before serving. Add a generous quantity of butter and season with salt and pepper. Cover with bread crumbs browned in butter when ready to serve. —Marguerite Potts.

Luncheon Dishes

CHICKEN SOUFFLE
(8 people, 4 lb. chicken)

(a) 2 cups scalded milk or 1 cup milk, 1 cup cream, ⅓ cup butter, ⅓ cup flour, 1 teaspoon salt, ⅓ teaspoon pepper, ½ cup bread crumbs.

(b) 2 cups chicken, 3 egg yolks, 1 tablespoon parsley, 4 egg whites.

Cook (a) 2 or 3 minutes. Mix chicken and egg yolks and Parsley. Add to (a) then fold in egg whites beaten stiff. Butter mold well. Cook 40 minutes in moderate oven, in water. Serve with mushroom sauce. —Marguerite Potts.

CHICKEN SOUFFLE

2 cups diced chicken, 1 cup chicken broth, 1 tablespoon gelatine, ¼ teaspoon salt, ½ pt. whipped cream, paprika, 3 yolks. Beat yolks and stir lightly in broth, add seasoning and cook in double boiler like custard. Before removing from fire add gelatine dissolved in a little broth. Pour this custard over chicken meat and stir over ice water till it begins to set, then fold in whipped cream and put in a mold.

—Marion Kinney.

VEAL SOUFFLE

1 tablespoon butter, 6 tablespoons dry bread crumbs, 1½ cups veal stock, brown bread crumbs in butter, add liquor and cook 10 minutes, 3 cups cooked veal (about 1½ pounds), 4 eggs beaten slightly and (grated onion if desired). Pour in buttered mould and bake in another pan containing water. Serve with creamed mushrooms.

—Helen Thompson.

CHICKEN SHORTCAKE

2 tablespoons butter, 2 tablespoons flour, 1 medium can celery soup, ½ teaspoon salt, dash of pepper, 3 hard cooked eggs sliced, 1½ cups cooked chicken. Melt butter, add flour and mix until smooth. Then add celery soup and boil until creamy, stirring constantly. Add salt, pepper, eggs and chicken. Serve between the halves and on top of hot biscuit. —Ellen Carpenter.

CHICKEN SOUFFLE—"COLD"

2 cups cooked chicken, 2 cups chicken broth, 1 tablespoon gelatine, ¼ teaspoon salt, ½ pint whipped cream, paprika, 3 eggs.

Beat yolks, stir into broth, add seasoning, cook in double boiler until it thickens. Just before removing from fire add gelatine that has been dissolved in 2 tablespoons cold water or chicken broth. Add chicken to mixture and stir until it begins to set. Fold in whipped cream and beaten whites of eggs and pour in mold to set. Serve with mayonnaise, garnish with tomatoes and cucumbers.

CHICKEN A LA KING

Cut cooked chicken in neat pieces, measure 2 cups, cover with French Dressing. Leave 1 hour and drain.

Shred 1 green pepper, 1 cup mushrooms and 2 pickled walnuts. Cook in 3 tablespoons butter 5 minutes. Add ½ tablespoon Worcestershire Sauce, 1 heaping teaspoon grated onion, 2 tablespoons flour, 1 cup milk, and the chicken.

Bring to the boiling point, add 1 tablespoon chopped capers, 2 egg yolks beaten and mixed with ¾ cup cream and 4 tablespoons butter. Season with salt, nutmeg, paprika and lemon juice. Serve garnished with triangles of toast. —Marie Wallace.

CHICKEN EN CASSEROLE

4 lbs. chicken, 1 onion, 2 tablespoons ham (chopped), ½ cup butter, 1 pint stewed tomatoes, 1 cup boiled rice, 1 green pepper (chopped), 1 teaspoon salt, 1 quart water or stock.

Separate chicken at joints; chop onion and ham, melt butter in frying pan, brown fowl in this, removing as cooked to casserole. Brown onion and ham and add also broth or water, tomatoes, rice, green pepper and salt. Cover casserole and cook in oven 1½ hours.

—Marion Kinney.

PRESSED CHICKEN

5 lb. chicken, 1 slice onion, 1 piece celery.

Cook until tender, remove meat from bones and cut fine. Return skin and bones to stock and cook down until 2 cups of liquid are left. Strain and set aside to cook. Remove fat when cool, add meat, reheat, pack in mold and let stand until cold and set. Serve with cucumbers and tomatoes, sliced thin. —Elsie Pelton.

PRESSED VEAL WITH HORSERADISH SAUCE

Soak 1 tablespoon gelatine in ¼ cup cold water, add 1 cup boiling water, ¼ cup sugar, ¼ cup vinegar, 2 tablespoons lemon juice, 1 teaspoon salt. Strain and cool. When beginning to thicken add 1½ cups cold cooked veal cut in small pieces and 1 can pimentos turn into a mold, chill and serve with Horseradish Sauce.

Mix 1 tablespoon vinegar, 2 tablespoons grated horseradish root, 1 teaspoon Eng. mustard, ½ teaspoon salt and few grains cayenne pepper, add ½ cup heavy cream beaten stiff, 3 tablespoons oil mayonnaise.

—Eva Jean Cox.

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EASY JELLIED CHICKEN LOAF

1 Hormel canned chicken (about 3 lbs.), 6 chopped hard boiled eggs.

Scrape off all jelly around chicken. Take off all the meat and cut up quite fine. Put half of chicken in bottom of mold. Then chopped eggs and other half of chicken. Heat jelly and season with little salt, celery and onion. Pour over chicken and let stand in ice box several hours. Serves 6 to 8. —Mona R. Talkes.

CHICKEN OR VEAL SNOW

Hydrate 2 tablespoons of gelatine in a little cold water and dissolve in a pint of hot milk and cream half and half. Four tablespoons of finely chopped celery, add salt and pepper, the beaten yolks of two eggs while the milk is hot enough to coagulate them, then add immediately 2½ cups of finely cut chicken or veal, set dish in cold water and beat until it looks creamy, fold in beaten whites of two eggs. Mold in ring mold or individual cups, serve in hearts of lettuce with mayonnaise. —Jean Wilmore.

CHEESE SOUFFLE

¼ lb. cheese grated, 1 cup of scalded milk, 2 tablespoons of butter, 3 tablespoons of flour, 4 eggs, ½ teaspoon salt, ⅛ teaspoon pepper.

Beat egg yolks and whites separately, make white sauce, add grated cheese and stir till melted, take off the fire, stir in yolks, then whites, pour in buttered baking dish, bake about 40 minutes in slow oven, serve immediately. —Dorothy Phillips.

CHEESE SOUFFLE—CAN'T FAIL

1⅓ cups hot milk, 1 cup bread crumbs, 1 tablespoon butter, 4 eggs, ¾ cup grated cheese, 1 teaspoon salt, 1 teaspoon dry mustard.

Add crumbs to hot milk, then cheese, stir until smooth, add well beaten yolks, then fold in whites. Bake in well greased pan 30 minutes. Serve 6. —H. A. Stahl.

CHEESE FONDU

3 slices bread, cut ¾ in. thick, 2 cups milk, ¼ lb. grated cheese, 3 eggs, beaten separately, salt and pepper.

Butter bread and cut in cubes, scald milk and put in cheese, then bread and yolks of eggs. Add beaten whites. Bake 30 minutes in moderate oven. —Ruth Champuey.

CHOP SUEY

2 cups celery, cut in ½ in. pieces, 1½ cups onion, cut fine, 1 green pepper, cut fine, 1½ lbs. veal, round steak or chicken, cut in cubes.

Brown the meat slowly in butter, remove from fire and cook vegetables in same skillet. Cook until tender but not mushy. Return meat to cooked vegetables, add 1 cup hot water and little thickening. Make thick enough to pour over rice—add two or three tablespoons chowyan sauce. Pour over plain boiled rice or fried noodles. Grated cheese on top. Serves 6 people. —Edna Williams.

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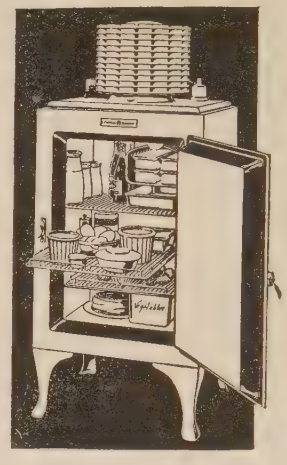

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CHOP SUEY

1 lb. of fresh pork cut in ½ inch cubes. Fry in butter, until brown, add 1 onion and 3 medium sized stalks of celery and shred together, 2 tablespoons of Chowyan sauce, 1 tablespoon of brown sugar, 1 tablespoon of vinegar.

Cover with water and boil 1 hour, add 1 can Chinese sprouts. Boil 1 minute and thicken with corn starch. If desired add 1 can of button mushrooms. Serve with rice and sprinkle top with one can of Chinese fried noodles and ½ cup of salted almonds.—Fay Hampton.

SWEETBREAD TIMBALES

2½ lbs. sweetbreads, 1 tablepsoon butter, large, ¾ cup fresh bread crumbs.

Melt butter, add crumbs, 2 cups liquor sweetbreads have been boiled in, stir until thick, over slow fire. Add sweetbreads, salt, pepper, 1 teaspoon onion juice. Add 4 eggs well beaten. Pour into well buttered mold. Bake 30 minutes, in pan set in warm water.

—Eleanor Gaede.

CHILI CON CARNE

1 lb. ground round steak, piece of lard size of walnut. Steam meat in covered pot. Add ½ pint of hot water, teaspoon salt, 1 lb. kidney beans, 1 can strained tomatoes, 3 onions, 1 teaspoon flour, 1 teaspoon Mexican Chili powder.

FISH MOUSSE

2 tablespoons butter, 2 tablespoons flour, 1 teaspoon chopped parsley, ½ teaspoon pepper and salt, 1 tablespoon scraped onion, 1½ cups milk, 2 cups flaked fish (halibut par-boiled), 3 eggs.

Melt butter; add flour and milk; cook until it is a smooth sauce; add parsley, onion, fish and beaten yolks of eggs and cool. Add whites of eggs beaten stiff and bake in buttered mold 45 minutes in moderate oven.

Serve with fish sauce, made of white sauce with any kind of seafood, cut up in it, as oysters, shrimp, etc. —Fay Hampton.

CHICKEN SPAGHETTI

1 large fat chicken (5 or 6 lbs.), 3 quarts tomatoes, 5 large red onions, 3 tablespoons salt, 3 stalks celery.

Cook all together for 3 hours. Remove chicken (dice) put vegetables thru colander. Add diced chicken to sauce. Add small amount flour if sauce not thick enough. Serve over spaghetti with Roman cheese. Serves 12 people. —Edna Williams.

ITALIAN SPAGHETTI

¼ lb. bacon, 3 onions, 1 package spaghetti, a little grated cheese, 1 can tomato soup, ¼ teaspoon salt, ½ sweet pepper.

Cut bacon in small pieces and fry crisp, then fry onions cut fine in fat. Boil spaghetti, add onions, bacon, soup, salt and pepper, chopped fine. Cover and let cook over slow fire ½ hour.

—Ina Carlson.

BAKED SPAGHETTI

¾ box spaghetti, ½ pound Yorkstate cheese (sharp), ¼ pound butter, 1 can tomatoes, ½ bottle pimento olives (if desired).

Cook spaghetti in salted boiling water 20 minutes. Rinse in cold water in colander and allow to drain. Place layer spaghetti in baking dish over which cut up some of cheese in small pieces and 3 or 4 pieces of butter. Then another layer of spaghetti, cheese, etc., and repeat for three or four layers.

Strain tomatoes and pour juice through spaghetti, spread pulp left from straining on top. Bake in moderate oven 1 hour. Olives may be added if desired. —Beth F. Fiske.

GOULASH

2 lbs. round steak ground, 2 large onions, 1 green pepper, 1 stalk celery.

Fry in 3 heaping tablespoons of bacon fat. Add 2 cans tomatoes, Worcestershire sauce, a little Tabasco sauce, pepper, salt. 1 package spaghetti cooked in salt water. Put all together, cook slowly ¾ hour, then add 1 cup cheese. —Mary D. Franz.

LUNCHEON DISHES

2 lbs. steak ground, 1 large can tomatoes, 3 large green peppers, 4 onions, celery.

Cook slowly 3 or 4 hours. Add macaroni or spaghetti, about ⅓ package, cooked separately. Sprinkle with grated cheese. Serves 8.

—Ruth Body.

LUNCHEON DISH

(For 20)

1 large chicken stewed until tender, remove from bones. Cook, blanch 2 packages of spaghetti, 1 large can tomatoes, can mushrooms, 1 dozen young carrots, 4 large onions ground. Cook carrots and onions together. Pour over chicken. Add chicken broth and layer of cheese on top. Bake.

NOODLE RING

7 cups noodles (cooked), 8 eggs, 2 cups milk, 2 teaspoons melted butter, add salt.

Cook 1½ hours in pan of water. —Edna Hodell.

MACARONI MOUSSE

5 eggs slightly beaten, 1 package of spaghetti, cook and let cold water run over and drain; 1 small onion; ¼ green pepper, chopped fine and smothered in ¼ cup butter; 1 pimento cut up, ½ cup cheese cut fine, 1½ cups milk, 1 cup fresh bread crumbs.

Melt cheese in rich cream sauce and add onion and pepper. Add pimento to spaghetti.

Season highly and put in mold and bake in pan of water for one hour. —Mabel Klie.

MUSHROOM PATTIES

1 lb. mushrooms, 4 tablespoons butter, 1 package Mrs. Rapp's egg noodles, 1 tablespoon grated cheese, 1½ cups fine bread crumbs, 1 egg, 1 lb. bacon.

Wash and slice mushrooms, cook in butter 10 minutes. Boil noodles and drain. Stir crumbs in mushrooms and cheese; add egg. Form in patty, wrap bacon around, broil in broiler after rolling in crumbs. Serves 6 or 8. —Helene Rock.

NOODLE MOLD WITH CHICKEN HOLLANDAISE

Cook 5 oz. noodles until tender in salt water—about 10 minutes. Drain and fill ring mold ⅔ full of the cooked noodles. Pour over a custard made of 3 eggs, 2 cups milk seasoned with salt and pepper. Bake in pan of water until set, about 25 or 30 minutes. Fill center with Chicken Hollandaise.

1½ tbs. butter, 1 teaspoon chopped onion, 2 tbs. cornstarch, 1 cup chicken stock, 1 teaspoon lemon juice, ⅓ cup finely chopped parsley, ¼ teaspoon salt, little paprika, 1 cup cold cooked chicken, 1 egg yoke.

Cook onion in butter for 5 minutes, add cornstarch and stock gradually, when well heated add yolk of egg slightly beaten and cook 1 minute. —Corrinne Stowe.

FRENCH NOODLE CASSEROLE

Stew 1 chicken, cook down well, cut up breast and extra livers, boil ½ pound noodles in salt water then drain dry, mix well with 1½ cups of chicken broth.

Put in casserole and bake slowly in oven with browned bread crumbs. ½ hour before removing from oven, pour over 2 tablespoons of cream . . . also ⅓ cup of unsalted almonds chopped.
—Dorothy P. Phillips.

LUNCHEON DISH

1 cup rice, 4 cups water, toss rice in boiling water and cook ½ hour; 1 can Campbell's tomato soup, 1 green pepper, chopped; 1 tablespoon chopped onion, butter size of hickory nut, 1 Sheffield snappy cheese, crumbled. —Eva Jean Cox.

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SPANISH RICE

1 can of tomatoes, heat and strain, add 1 can of tomato soup, 1 green pepper chopped, the juice of 1 onion, 1 large lump of butter, salt to taste, 1 tablespoon of sugar, cook until pepper is done, 1 pound rice boiled, drain, pour liquid over rice. Bake in oven ½ hour.

RICE CAKES

Cook 1 cup of rice in double boiler, cover with water, steam until tender, about 1½ hours, 5 eggs beaten slightly with fork, 5 teaspoons cream, pinch salt, 1 teaspoon light brown sugar, nutmeg, ½ teaspoon of vanilla, fold rice into eggs, do not beat. Drop in butter to fry until brown.

RICE SURPRISE CROQUETTES

(Meat Substitute)

2 tablespoons butter melted, stir in 1 tablespoon flour, gradually add ½ cup milk. Let thicken. Add 2 tablespoons chopped onion, 1 cup boiled rice, 1 tablespoon chopped parsley, 6 tablespoons chopped English walnut meats, 1 beaten egg (whole), salt, pepper and paprika to taste. Heat thoroughly. Remove from fire and cool.

When cold form into croquettes, dip in raw beaten egg then roll in bread crumbs and dust again with egg white. Fry in deep fat and serve with either tomato sauce, cream sauce or mushroom sauce.

—Florence C. Farch.

NOODLE RING WITH CHEESE

½ box Woodcock noodles, boil in salt water until soft, drain, pour cold water over them and drain. (Makes 2 cups when cooked.) Make white sauce of 2 tablespoons butter, 2 tablespoons flour and 1 cup milk. Then add ¼ pound mild Yorkstate cheese, stirring constantly until melted. Turn off fire, add 2 eggs beaten slightly and the boiled noodles. Season. Put in well buttered ring mold. Put mold in pan of hot water. Bake ½ hour in medium oven. Serve with mushroom sauce or creamed chicken. —Mona Talkes.

LUNCHEON DISH

Round slice of toast, thick slice of tomato on toast, ½ hard boiled egg on top of tomato, over that pour cheese sauce.

2 cups of milk, 2 tablespoons flour, ½ cup grated cheese, salt to taste, paprika. Cook in a double boiler until thick. Garnish with parsley. —Edna Hodell.

SHRIMP WIGGLE

2 teaspoons butter, 2 tablespoons flour, 1 cup rich milk, salt and paprika. Make into white sauce, add 1 can shrimp, ½ can French peas. Serve on buttered toast. —Bess Collins.

SPINACH LOAF

1 tablespoon butter—large, 1 onion, ¼ lb. veal, 6 eggs, ¼ lb. pork, 2 lbs. spinach cooked, 1 small loaf bread, salt and pepper.

Fry onion in butter. Mix other ingredients, fold in eggs, beaten separately. Steam 2 hours. Serve with mushroom sauce.

BAKED SWEETBREAD

½ lb. salt pork sliced, 2 lbs. sweetbread, 1 lb. mushrooms, 2 small carrots, 2 small onions (ground), 1 quarter cream sauce. Line a pan with salt pork, roll sweetbread in flour and put on pork. On top of that put the ground carrots and onions. Cook in oven, an hour. Fry mushrooms in butter, add to cream, pour over sweetbread and cook in the oven 15 minutes longer.

—Eva Jean Cox.

CRAB MEAT AU GRATIN

1 lb. crab meat, 1 cup cream, 1 cup milk, seasoning, butter, flour, bread crumbs, cheese.

Make rich cream sauce using half cream and half milk. Pick over and wash crab meat, drain well. Add crab meat to cream sauce. Heat thoroughly. Pour into well buttered ramikins, cover with grated cheese and bread crumbs. Heat in oven until cheese is melted and bread crumbs are browned. —Florence Farch.

EGG CROQUETTES

8 hard boiled eggs (chopped, not too fine) add following sauce:

¼ cup butter, ½ cup flour, ½ cup cream or rich milk, 1 teaspoon onion juice, 1 tablespoon parsley chopped. Mix, cool, shape like eggs, roll in egg and bread crumbs. Fry in hot fat. —Ina Carlson.

EGGS AND ASPARAGUS AU GRATIN

Slice 3 hard boiled eggs; put in baking dish with 1 can of asparagus tips; cover with cream sauce; grate cheese over top; bake in oven.

BAKED OMELETTE FOR ONE

Beat 1 egg yolk stiff, salt and fold in stiffly beaten white, butter sherbet glass or egg cup, place in hot water that almost reaches to top and let stand 5 minutes.

FRENCH OMELETTE

6 eggs, let yolks steam through then add stiffly beaten whites. Have fried, sliced tomatoes ready to place on top. Sprinkle with chopped parsley and green pepper.

EGGS A LA BENEDICT

Poach as many eggs as you have people to serve. Broil as many pieces of ham as you have eggs, ham about 3 inches round. Place ham, then egg on toast or English muffins. Cover whole with Hollandaise sauce. —Agnes Stahl.

BEAUREAUGARDE EGGS

Pint of milk, piece of butter, size of walnut, pinch of salt. Hard boil 8 eggs, separate whites from yolks, put whites in bowl and chop fine. Put yolks in perforated masher, toast enough bread to cover a platter, thicken milk with corn starch, put whites in it and pour over toast, then put yolks over it, pressing them through the masher.

—Ellen Carpenter.

EGGS IN TOMATOES

Select tomatoes that are ripe but firm. Plunge them in boiling water for a moment and remove skins. Cut out hard stem ends, making in each a hollow large enough to hold a broken egg. Into each of the hollows drop a fresh egg without breaking the yolk, season with butter, pepper and salt, and bake in a moderate oven until tomatoes are tender and eggs are set. Serve on rounds of buttered toast with a cream sauce. —Agnes Stahl.

ONE DISH MEAL

1 pint tomatoes. Fry out 2 strips bacon, cut up with ½ onion, stir into casserole with tomatoes, ½ cup cheese. 15 minutes before serving drop in 1 egg to each person. Serve on toast.

MUSHROOMS AND EGGS

1¼ lbs. fresh mushrooms, 4 hard-cooked eggs, 7 tablespoons fat, 3 tablespoons flour, 4 tablespoons finely-minced parsley, ¾ teaspoon salt, ¼ cup hot water, 1 teaspoon celery salt, ⅛ teaspoon pepper, 2 cups milk, ½ teaspoon tabasco sauce, 6 slices toasted bread.

Melt four tablespoons fat in a sauce pan; add the parsley, hot water, and the mushroom stems cut in small pieces. Cover and simmer three minutes. Then add the mushroom caps cut in halves, cover again, and simmer for five minutes. Uncover and sprinkle with the celery salt and half the pepper. Meanwhile melt three tablespoons of fat in a sauce pan, add the flour and cook, stirring constantly, until the mixture bubbles. Then add the milk a little at a time while stirring, and cook until well blended and smooth. Add the tabasco sauce, salt and rest of the pepper, then the hard-cooked eggs shelled and sliced. Arrange the hot mushrooms on the toast and pour the egg sauce over all. Serve at once. This recipe serves six.

STUFFED MUSHROOM CAPS

Cut up stems and put in a pan to stew. Peel and slightly scoop out caps. Fill with force-meat or fried breadcrumbs. Place mushrooms in pan with stems. Cook under broiler slowly, basting with sauce from stems. Remove when caps are done and place on rounds of fried bread. Make a rich cream sauce with the stems and pour around, but not over, the mushrooms. Note: Use very large mushrooms. —Marie Wallace.

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LOBSTER NEWBERG

4 pounds live lobster boiled—or its equal, 2 cups of canned lobster meat; 4 tablespoons butter, 1 teaspoon salt, 1/8 teaspoon red pepper, 1/2 teaspoon paprika, 2 tablespoons sherry, 2 tablespoons brandy, 1/8 teaspoon grated nutmeg, 1 cup cream, 4 egg yolks.

Melt butter in pan, add lobster while heating for 2 minutes, add all seasoning. Mix well, stir cream into egg yolks and add slowly to lobster. Watch carefully. When thickened remove at once from fire and serve immediately on thin pieces of toast.

—Florence C. Farch.

OYSTERS A LA POULETTE

Scald 2 dozen oysters in their own liquor. Put in saucepan 2 tablespoons of butter with 1 tablespoonful of flour. Mix until smooth, then add liquor of oysters and liquor of 1 can of mushrooms. Let boil 2 minutes and add 1/2 cup cream, 1 teaspoon lemon juice, pinch salt, pepper, and last the beaten yolks of 3 eggs. Stir a moment, but do not boil as it will curdle. Mix oysters with a few chopped mushrooms and 1 teaspoon chopped parsley, add to sauce and serve immediately with buttered toast. —Jean Wilmore.

ESCALLOPED OYSTERS

1/4 cup melted butter, 1/2 cup cracker crumbs, 1/2 cup dried bread crumbs, 1 pint oysters, 2 tablespoons cream, 2 tablespoons oyster liquor.

Pour melted butter over bread and cracker crumbs. Place first crumbs, then oysters in layers in buttered baking dish, add liquid. Bake.

HAM AND PINEAPPLE

Brown slices of pineapple in butter and brown sugar. Bake in milk a slice of ham 1 in. thick. After ham is baked cut with cooky cutter size of pineapple, serve with mushroom sauce.

Salads

ARTICHOKES WITH SHRIMP

Boil desired number of artichokes in salt water, drain and chill thoroughly. Remove centers. Stuff with fresh cooked shrimps (celery may be added if desired). Cover with Russian dressing. Garnish with dots of caviar. Place on beds of shredded lettuce. 1 lb. of shrimps will fill six artichokes. —Florence Farch.

ASPIC TOMATOES

Peel small tomatoes, remove soft center and fill with ⅓ cup finely cut celery, 2 tablespoons nut meats chopped and moistened with mayonnaise. Make a layer of aspic in individual molds (your favorite recipe).

Place tomatoes top side down on jelly and surround with aspic and leave in General Electric refrigerator, but not in chilling unit, until firm. Turn out on nest of lettuce leaves and top with mayonnaise. —Ina Carlson.

CALAVO AND ORANGE SALAD

Cut the flesh of the Calavo into slices or cubes and serve on lettuce leaves with sections of a ripe California orange. The blending of the oil in the Calavo and the juice of the orange makes a perfect dressing. This can be done with sections of grapefruit also.

The addition of Calavo to any salad enhances its flavor and food value. It is a fine garnish for shrimp, lobster, or chicken.

CELERY CABBAGE SALAD

Cut 1 large celery cabbage by hand very fine and let stand in ice water several hours. Make a dressing of 1 tablespoon salt, 1½ large tablespoons sugar, a dash of white pepper and cayenne, also ¼ teaspoon grated onion. Add this to 4 tablespoons vinegar and let stand until ready to pour into ½ pint sour cream which has been whipped. Be certain to add vinegar to cream so as not to curdle cream. This is attractive served in hollowed-out cabbage or in center of tomato aspic mold. —Helene Rock.

BLACK CHERRY SALAD

1 can Richelieu black cherries, 1 package Knox gelatine, 1 teaspoon essence of peppermint. Juice from cherries and enough boiling water to make 3 cups. Dissolve gelatine and add hot juice and peppermint. When mixture begins to thicken add cherries. Place salad in molds. Serve with mayonnaise. —Mona Talkes.

BLACK CHERRY SALAD

Stuff cherries from can of pitted black cherries with mixture of cream cheese and nuts. Place in ring mold and cover with salad aspic which has been made with juice from cherries. Red vegetable coloring can be added to make a better color. This is delicious made with fresh cherries. —Marguerite Potts.

CUCUMBER AND PINEAPPLE SALAD

2 cups shredded pineapple, 1 cup chopped cucumber, ½ teaspoon green vegetable coloring. Add to aspic for salads just as it begins to thicken. Place in ring mold.

Aspic for salads. 2 tablespoons gelatine, juice 1 lemon, 2 cups boiling water, 1 teaspoon salt, ½ cup sugar, ¼ cup vinegar.

Soak gelatine in 1 cup cold water 5 minutes. Add 2 cups boiling water or hot fruit juice. Stir until dissolved; add rest of ingredients. —Marguerite Potts.

CABBAGE SALAD

Soften 1 package of gelatine in ½ cup of cold water and dissolve in 1½ cups of boiling water. Let cool and add 3 cups chopped cabbage, 2 green or red peppers, chopped fine, 1 teaspoon of salt, ½ cup of sugar, ¼ cup of lemon juice, ½ cup of vinegar. Mix together and turn into a quart mold. Serve with mayonnaise.

—Ellen Carpenter.

CREAM CHICKEN SALAD

(Serves 4)

1 large cup cream beaten stiff, 3 teaspoons lemon juice, 1 heaping teaspoon gelatine, soak in lemon juice 5 minutes. Dissolve in ½ cup boiling water. Mix with cream. When cool add 1 can of chicken, 2 tablespoons of celery, a little chopped parsley. Place in a pan, 2 inches thick and set in refrigerator to harden. —Ruth Kraeer.

CHICKEN AND VEGETABLE SALAD

One chicken cut in small pieces, 1 cup celery cut fine, 1 cup cooked carrots diced fine, 1 cup small canned lima beans, 1 cup fresh green peas and a dash of onion juice. Marinate with French dressing, adding mayonnaise later, just before serving. Garnish with hard-boiled eggs and tomatoes before serving. —Mildred Jeavons.

CHICKEN, SWEETBREAD, MUSHROOM SALAD

1 pint cooked chicken cut in small pieces, 1 cup sweetbreads cooked, 1 cup mushrooms cooked, 1 cup mayonnaise.

CHICKEN SALAD

3 pounds of chicken cut into pieces, add half the quantity of celery cut up. Mix with mayonnaise and garnish with hard boiled eggs. This will serve 8 people.

It is best to cook chicken day before the salad is required. Joint 2 chickens weighing about 3½ lbs. each, cover with boiling water, simmer until tender. Remove from fire and let remain in broth until cold. This keeps meat juicy. 2 heads celery cut up, 2 large pickles cut up, ½ dozen olives cut fine, 2 hard boiled eggs cut up. Stir all together lightly and serve well chilled, with mayonnaise and capers if desired. Should make at least 3 quarts.

CRABMEAT WITH CUCUMBER SALAD

2 tablespoons Knox sparkling gelatine, 1 cup cold water, 1 cup boiling water, 2 cups crab flakes, 1 cup celery, 1 cup mayonnaise, 1 cup whipped cream, juice of 1 lemon. Soak gelatine in cold water, add boiling water and when cool crab flakes, celery, mayonnaise, whipped cream, and lemon juice. Mold. Serve with following sauce: ½ pint sour cream, beaten thick; 1½ tablespoons vinegar. Rub bowl with garlic, salt and pepper and paprika to taste, add 1 chopped, well drained cucumber. —Elsie Pelton.

CHEESE RING SALAD

1 tablespoon gelatine, 2 packages of cream cheese, ½ cup Roquefort cheese, ¼ teaspoon salt, ¼ cup cold water, 1 teaspoon onion juice, 1 cup whipped cream, ¼ teaspoon paprika.

Soak gelatine in cold water, dissolve over hot water. Moisten Roquefort and cream cheese with cream and work together until smooth. Add mixture to dissolve gelatine, stirring in whipped cream. Lastly turn into ring mold and let stand until set. Garnish with lettuce and water cress in center. Arrange canned pears around salad which have been marinated in French dressing. Serves eight.

—Pauline S. Keil.

CREAM CHEESE SALAD

3 packages of cream cheese, 1 cup French dressing, 1 envelope gelatine, 1 cup of cold water, 2 cups of boiling water; cool, add 1 pint whipped cream and mold.

COTTAGE CHEESE SALAD

Grind 1 pepper, 2 onions, 1 cucumber (omit seeds), chop bunch celery, add celery salt and seasoning; 1 lb. to 2½ lbs. cottage cheese, 1 cup mayonnaise, 2 envelopes of gelatine soaked in ¼ cup cold water, dissolve in ½ cup boiling water. Cool and add vegetables.

—Corrinne Stowe.

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TUNA FISH, SALMON OR CRABMEAT SALAD

(Six Servings)

1 level tablespoonful Knox Sparkling Gelatine, ¼ cup cold water, 1 cup tuna fish, ½ cup celery, chopped, ½ green pepper, finely chopped, 2 tablespoonfuls chopped olives, ¾ cup boiled salad dressing, ½ teaspoonful salt, ¼ teaspoonful paprika, 2 teaspoonfuls vinegar, few grains cayenne.

Soak gelatine in cold water five minutes, and add to hot boiled salad dressing. Cool, and add tuna fish, separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, paprika, vinegar and cayenne. Turn into wet individual molds, and chill. Remove from molds to nests of lettuce leaves, and garnish with slices cut from pimolas, diamond shaped pieces cut from green peppers, celery tips and watercress.

FROZEN FRUIT SALAD

1 cup mayonnaise, 1 cup whipping cream, 1 teaspoon gelatine, 2/3 cup diced pineapple, 2/3 cup white cherries, diced, 2/3 cup white grapes, stoned and skinned, ½ cup diced oranges, ½ cup diced bananas, ½ dozen diced marshmallows.

Soften gelatine in cold water. Dissolve over hot water. Stir into salad dressing, whip cream, fold dressing into cream. Then add fruits. Turn into mold. Pack equal parts salt and ice. Let stand four hours. Serve on lettuce leaves.

GINGER ALE ASPIC

1 box gelatine, 1 quart Saegertown ginger ale, 1 cup sugar, 3 lemons.

Dissolve gelatine in 2 tablespoons cold water, then add lemon juice, sugar to ginger ale, heat, remove from stove and add gelatine. Mold and serve with canned pears or peaches.

FRUIT SALAD

1 package lemon gelatine, ½ cup boiling water, 1⅓ cups ginger ale, ⅓ cup diced apples, ⅓ cup diced celery, 3 slices pineapple, ⅓ cup chopped nuts, ¼ cup ginger, crystallized. Dissolve gelatine in hot water. Add ginger ale and other ingredients. Mold and put in refrigerator.

—Ruth Kraeer.

MOLDED FRUIT SALAD

1 enevolpe Knox gelatine, ½ cup cold water, 1 large can pineapple juice, 1 large can white cherries, 1 large can pineapple cut fine, juice of ½ lemon, 2 cups mayonnaise, 1 cup pecan meats, 1 gill whipping cream, whites of 3 eggs.

Dissolve gelatine in cold water then in hot pineapple juice. When cool add fruit, nut meats, fold in mayonnaise, whipped cream and stiffly beaten whites of eggs. Set in ice box to harden.

—Mable Klie.

FRUIT SALAD

Endive, grapefruit, orange and either a little crystallized ginger or a few pomegranate seeds. —Julia Dodd.

ORANGE SALAD

1 tablespoon gelatine, ¼ cup cold water, 1 cup boiling water, ⅓ cup sugar, ¾ cup orange juice, 1 tablespoon lemon juice, 2 small oranges, sectioned, 2 tablespoons chopped parsley, ⅓ cup mayonnaise mixed with ⅓ cup cream whipped.

Soak gelatine in cold water five minutes. Add boiling water and stir until dissolved. Add sugar, orange and lemon juice. Pour ½ of liquid in tray; when firm, arrange orange sections on top and sprinkle with parsley. Pour rest of liquid in General Electric refrigerator tray, to become firm and chilled. Serve in squares on lettuce. Garnish with whipped cream and mayonnaise.

PEAR SALAD

Use very large pear halves, filling the rounded side full of blanched almonds. Serve on shredded lettuce with small celery stalks stuffed with pimento. —Helen R. Thompson.

PEACH SALAD

Dissolve three-fourths box gelatine in one cup cold water, then add 1 pint boiling orange juice sweetened to taste. Stir until it commences to thicken, then dip pared, halved peaches in this and lay on a deep plate, set on ice; pour the remaining jelly into a plain mold and when firm cut in cubes, pile them about the peaches, put a ring of whipped cream on top and serve.

—Marian Dielhenn.

PINEAPPLE AND SHRIMP SALAD

Pour over 1 can of carefully prepared and washed shrimps ¼ cupful French dressing and let stand 2 hours. Stir carefully with a fork occasionally that they may be well seasoned. Dice 1 cupful of fresh or canned pineapple and prepare in same way. When ready to use drain off French dressing; mix together thoroughly and serve on lettuce leaf, with mayonnaise well chilled.

PINEAPPLE—CARROT—SALAD

1 pkg. lemon flavored Royal Gelatine, 1 cup of hot water, 1 cup of pineapple juice, 1 cup of shredded pineapple, 2 large carrots ground fine, a pinch of salt. Dissolve gelatine in hot water, add pineapple juice. When this mixture begins to set, add pineapple and carrots. Mould in small moulds. —Frances Chamberlain.

PINEAPPLE AND CHEESE SALAD

Mix 1 envelope Knox acidulated gelatine No. 3 in ½ cup cold water. Boil one small can shredded pineapple with ½ cup sugar and add dissolved gelatine. Wheh cool add 1 cup grated mild Yorkstate cheese and 1 pint whipped cream. Pour into mold.

—Norma Farmer.

PEARS IN GRENADINE JELLY

1½ tablespoons of gelatine, ¼ cup cold water, 1 cup grenadine syrup, ½ cup pineapple juice, ¼ cup orange juice, ¼ cup lemon juice, 1 to 2½ cans of pears.

Soak gelatine in cold water 5 minutes, and dissolve in boiling grenadine syrup, bring to boiling. Add gelatine. Stir until dissolved. Pour a little of the mixture in bottom of mold. Arrange pears. Allow to cool until firm enough to hold fruit in place. Then add remaining gelatine. Chill and serve as salad or dessert.—Elsie Pelton.

FROZEN PINEAPPLE CHEESE SALAD

1 can grated pineapple (medium sized can, No. 1), 1 cup oil mayonnaise, powdered sugar (from one to two cups), 4 cakes cream cheese (1 lb.).

Strain all juice from pineapple, add cheese (mashed smooth), add mayonnaise, 1 cup sugar and cream beaten stiff, add more sugar if desired, to suit taste. Pack in mold and freeze. May be served with sweet French dressing or plain. Serves 8 people.

—Edna Williams.

POTATO SALAD

4 cups sliced potatoes, 1 cup celery, 1 medium onion, cut fine, or, 1 tablespoon chopped chives, 2 hard boiled eggs. Salt and pepper. Marinate with French dressing and allow to stand one or two hours. Then add ½ cup mayonnaise and ½ cup of boiled salad dressing mixed.

Chopped cucumber, radishes or peas may be added if desired. Place on lettuce leaves and garnish with tomatoes, hard boiled eggs and beets. —Mildred Jeavons.

TOMATO MOLDED SALAD

1 can Campbell's Tomato Soup, blend 3 cakes cream cheese, 2 tablespoons Knox gelatine dissolved in ½ cup cold water, add to hot mixture, let cool, add to mixture 1½ cups chopped celery, green pepper and onion. Last add 1 cup mayonnaise, put in molds—makes 12 small molds. —Dorothy Phillips.

SWEETBREAD SALAD

Parboil one pound of sweetbreads—skin and remove grissle and break in pieces size of chestnuts, add one cup of cooked fresh peas, one cup of diced pascal celery. Mix well with home made mayonnaise and let stand an hour before serving on lettuce leaves. Garnish with water cress. —Fay Hampton.

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PINEAPPLE SALAD

½ cup cream cheese, ¼ cup salad dressing (mayonnaise), ½ lb. marshmallows (cut fine), 1 small can crushed pineapple. Beat ½ pint cream until stiff and fold into mixture. Let stand in freezing unit 3 hours. Serve on lettuce with salad dressing.

In cutting marshmallows dip scissors frequently in hot water. Crushed pineapple may be poured over marshmallows night before, or dish put over hot water to melt marshmallows.

—Mona R. Talkes.

TOMATOES STUFFED

Fill tomatoes with shredded cabbage and serve with thick Roquefort Dressing or fill with diced cucumber and celery, French dressing.

—Elsie Pelton.

TOMATO JELLY

2 tablespoons gelatine, ¼ cup cold water, 1 quart tomatoes, 2 tablespoons sugar, pepper and paprika, 1 bay leaf, 1 small onion diced, ½ teaspoon salt, ½ teaspoon celery salt.

Cook tomatoes, onion and seasonings, until soft, strain, add enough water to make 2 cups, heat again and dissolve gelatine, pour in molds.

STUFFED TOMATO SALAD

Small tomatoes are hollowed, sprinkled lightly with salt. Before serving, fill with whipped cream to which grated cheese and horseradish has been added. This is also delicious with Roquefort cheese added. Serve on beds of water cress or cream cheese and nuts.

TUNA FISH SALAD OR SALMON

1 large can tuna fish, wash with boiling water, add 1 cup chopped celery, 1 cup cucumbers and green pepper. Serve on lettuce leaves, topped with spoonful of mayonnaise and hard boiled egg.

LOBSTER SALAD

Plunge lobster head down in salted boiling water for 30 minutes. When cold separate meat in small pieces about half an inch in size and marinate with French dressing. Do this some time before serving. If canned lobster is used open and put in bowl with French dressing in, at least an hour before serving. Mix lobster with hard boiled eggs, celery and capers. Serve on lettuce with mayonnaise and garnish with claws if desired. —Flora Ayers.

JELLIED FIG AND PRUNE SALAD, DIFFERENT

1 envelope Knox sparkling gelatine, 2 cups boiling water, 1 cup cold water, salt, ¾ cup sugar, ½ cup lemon juice.

Soak gelatine in cold water 5 minutes, and dissolve in boiling water. Add sugar and stir until dissolved, then add salt and lemon juice. Pour in mold. When partially set, add 1 can preserved figs, 1 lb. largest prunes, stewed, and 2 packages Philadelphia cream cheese, made into balls and rolled in ground nuts. —Elsie Pelton.

Salad Dressings

BACHELOR CLUB DRESSING

¾ cup salad oil, 3 tablespoons vinegar, 1 teaspoon salt, 1 teaspoon dry mustard, 1 teaspoon paprika. Beat vigorously, add 2 tablespoons onion chopped very fine. Serves 5 or 6 people—Gabriel Hyde.

BOILED SALAD DRESSING

3 yolks, 1 teaspoon mustard, 2 tablespoons sugar, 2 tablespoons vinegar, 1 tablespoon butter, salt and paprika.

Warm vinegar, melt butter in it, add eggs, salt, mustard and sugar slowly. Cook in double boiler. Stir well till it thickens. When cool or as you use it add ½ pint whipped cream.—Marion Kinney.

WESSON OIL MAYONNAISE

Put 4 egg yolks in bowl. Add 1 tablespoon powdered sugar, 2 teaspoons mustard, 2 teaspoons salt, ½ teaspoon paprika, 2 tablespoons oil, 2 tablespoons cold water.

Beat well and add slowly 1 quart of Wesson's Oil. Thin as necessary with vinegar and juice of one lemon. Lastly add 5 tablespoons boiling water. —Ina Carlson.

BOILED SALAD DRESSING

3 eggs well beaten, 1 heaping tablespoon flour, 2 tablespoons sugar, 1 teaspoon mustard, 1 teaspoon salt, ⅔ cup vinegar diluted with ⅓ cup boiling water, 1 cup milk.

Mix dry ingredients together, add to eggs, milk and vinegar, stir constantly in double boiler until thick. Keep in mason jar. Thin with cream before serving. Will keep several weeks.

—Dorothy Phillips.

THOUSAND ISLAND DRESSING (WITH OIL)

1 cup oil mayonnaise, 1 small teaspoon anchovy sauce, 2 tablespoons chili sauce, 1 hard-boiled egg, several olives, pickles, pearl onions, capers and celery chopped fine. Mix well and serve with head lettuce.

CHICAGO CLUB DRESSING

½ cup sugar, 1 teaspoon mustard, 1 teaspoon salt, 1 can tomato soup, ½ cup oil, ¾ cup vinegar or juice of 2 lemons, 3 tablespoons grated cream cheese, 2 tablespoons Worcestershire sauce, 1 small onion ground fine. —Mary D. Franz.

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ECONOMY MAYONNAISE

(a) 1 cup oil, 1 teaspoon mustard, 2 teaspoons vinegar, 2 teaspoons lemon juice, 2 egg yolks. Put above ingredients in a rather large bowl being careful not to stir.

(b) Cook together ⅓ cup flour, 1 cup cold water, 1 teaspoon of butter. Pour the cooked mixture while hot into the bowl and beat with a dover egg beater. —Eva Jean Cox.

DIFFERENT FRENCH DRESSING

2 teaspoons salt, 2 teaspoons black pepper, 1 teaspoon paprika, ½ teaspoon dry mustard, 1 cup sugar, 1 cup spiced vinegar, 10 drops Tobasco sauce, 2 tablespoons lemon juice, 1 qt. olive or mineral oil, 1 tablespoon chopped onion, 1 tablespoon Worcestershire sauce, 2 tablespoons Tarragon vinegar, 4 tablespoons cider vinegar. 4 tablespoons malt vinegar may be substituted for spiced vinegar.

—Agnes Stahl.

RUSSIAN DRESSING

1 cup mayonnaise, ½ cup whipped cream, 2 tablespoons Heinz chilli sauce, 2 tablespoon Heinz catsup, 2 hard boiled eggs chopped medium fine, 1 teaspoon Tarragon vinegar, 1 heaping teaspoon Caviar, 1 teaspoon finely chopped beets. —Mildred R. Jaster.

FRUIT JUICE MAYONNAISE

1 cup sugar, 2 eggs, 1 dessert spoon butter, ½ cup water or ½ cup fruit juice, ½ cup vinegar, 1 teaspoon mustard stirred in paste with 2 rounded teaspoons flour, ¼ teaspoon salt. Stir all together and cook in double boiler until thick. Cool and add whipped cream before serving—good for fruit salad and especially good for cabbage.

—Edna Williams.

FRUIT SALAD DRESSING

2 eggs beaten with fork, ¼ cup sugar, 1 tablespoon vinegar, juice ½ lemon. Cook in double boiler till thick, stirring constantly. Add 1 cup whipped cream when cool.

SOUR CREAM DRESSING

¾ cup sour cream, 1 tablespoon vinegar, 1 tablespoon sugar, 2 teaspoons salt, ½ teaspoon paprika.

Mix the ingredients well and chill before pouring over the salad.

FRUIT SALAD DRESSING

1½ cups Wesson oil, ½ cup Tarragon vinegar, 2 teaspoonsful Worcestershire sauce, 1 tablespoon catsup, ½ teaspoonful salt, ½ teaspoonful sugar, grate a little onion into it. Dash of paprika. Add a little more sugar if desired. Beat all together with egg beater. Put in mason jar and shake well before using. —Julia Dodd.

ROQUEFORT DRESSING

Put four tablespoonfuls of Roquefort cheese in small bowl or soup plate and with fork mash until smooth. Mix one half teaspoonful dry mustard, salt and pepper or paprika to taste, and one tablespoonful of vinegar or lemon juice together until smooth and add to the cheese, and then one-fourth cup of oil, stirring slowly all the time.

When smooth and thick, add one teaspoonful of Worcestershire sauce.

GOLDEN SALAD DRESSING

¼ cup orange juice, 1 teaspoon lemon juice, pinch salt, 1 egg yolk, 1½ teaspoon sugar, 1 egg white, 1 teaspoon sugar.

Mix fruit juices and salt. Pour onto egg yolk beaten with sugar. Cook over hot water stirring till mixture thickens. Cool, fold into egg white beaten stiff with second amount of sugar or whipped cream may be used instead of egg white. —Elsie Pelton.

FRENCH DRESSING

One half teaspoon salt, paprika and Colman's mustard. Mix and add one teaspoon Worcestershire sauce, four tablespoons olive oil and one tablespoon lemon juice. Stir well, a little sugar can be added. —Jean Wilmore.

Puddings—Hot and Cold

ICE BOX TART

3 dozen Lady Fingers, ¾ lbs. powdered sugar, ½ lb. butter, 4 eggs, 1 can shredded pineapple, 1 bottle cherries, ½ pint whipping cream.

Drain pineapple and cherries and cut fine; whip cream. Split lady fingers, put layers in bottom of pan, cover with half mixture, (cream, butter and sugar and yolk of eggs, then whites beaten stiff), sprinkle some cherries and pineapple and then a thin layer of whipped cream and so on, having lady fingers on top. Put in ice box over night and serve with whipped cream. Serves 12.—Mary D. Franz.

STRAWBERRY MALLOW

20 marshmallows, ¼ cup water, 1 cup crushed berries, 1 tablespoon orange juice, ½ pint whipping cream, 1 tablespoon sugar.

Mix berries with sugar and orange juice. Let stand 30 minutes. Melt marshmallows and water in a double boiler. Add berries and whipped cream. Put in ice cube pan and set in refrigerator until hardened. It is best to make this the night before it is to be used for luncheon.

BANANA MALLOW

15 marshmallows, 2 teaspoons lemon juice, ½ cup water, ¾ cup well mashed bananas, ½ pint whipping cream. Mix bananas and lemon juice and proceed as above. —Ruth Kraeer.

MARSHMALLOW DELIGHT

1 pound marshmallows quartered, 1 pint cream whipped. Mix and let stand on ice two hours.

Add ½ cup nut meats, 1 teaspoon flavoring, red and green cherries cut up.

Arrange on chop plate with 1 dozen lady fingers radiating around the edge. —Eva Jean Cox.

FRUIT ICE BOX PUDDINGS

½ lb. butter, 2 cups powdered sugar, 6 eggs, 1 doz. macaroons, 2 doz. lady fingers, fruit and whipped cream.

Cream butter and sugar, gradually add egg yolks one at a time, beat thoroughly, add broken up macaroons then fold in egg whites previously beaten stiff. Line mold with lady fingers, pour in the mixture—chill and when ready to serve unmold and garnish with fruits in season and whipped cream. If desired fruit may be mixed through the pudding before chilling. —Eva Jean Cox.

APRICOT ICE BOX CAKE

1 tablespoon gelatine, ¾ cup hot apricot juice, 1⅓ cups Borden's condensed milk, 3 tablespoons lemon juice, 1¼ cups apricot pulp, 1 dozen lady fingers.

Soak gelatine in ¼ cup cold water and dissolve in hot apricot juice. Cool and when mixture begins to thicken, beat with Dover egg beater until frothy. Stir condensed milk and lemon juice together. Add apricot pulp and fold in whipped gelatine mixture. Line a mold with split lady fingers placing round side out. Fill center with apricot mixture. Any extra lady fingers can be put inside with mixture if desired. Set on ice for several hours. Turn out on serving plate and serve with or without whipped cream.

—Frances Brockett.

MACAROON DESSERT

1 tablespoon Knox gelatine, 1 cup sugar, 1 cup of milk, 1 teaspoon salt.

Dissolve gelatine in cold milk then add sugar and salt. Heat in double boiler, do not boil, add beaten yolks of 4 eggs and three stale almond macaroons, crumbled, cook slowly until thick, remove from fire and add whites of 4 eggs beaten stiff, pour in individual molds with whole macaroon in bottom. Serves 8. —Agnes Stahl.

MACAROON CREAM

2 cups milk, 1 cup macaroons, 3 eggs, ⅓ cup sugar, 1 teaspoon vanilla, ⅛ teaspoon salt, ¼ box gelatine, ¼ cup cold water.

Soak pounded macaroons in milk, add yolks of eggs, beaten, sugar, salt. Make custard of these, cooking until thickened. Then add gelatine dissolved in cold water. As gelatine thickens fold in stiffly beaten egg whites.

Flavor, mold, chill and serve with whipped cream garnished with cherries. —Flora Ayers.

PINEAPPLE PUDDING

1 envelope gelatine and ½ cup pineapple juice dissolved; 4 yolks, 1 cup sugar, add gelatine and 2 cups milk, let come to boil. 1 teaspoon vanilla, add stiff whites and ½ lb. cocoanut macaroons (crushed), 1 can crushed pineapple. Mold and serve with whipped cream. —Ina Carlson.

PINEAPPLE DESSERT

1 package Knox gelatine dissolved in 2 tablespoons cold water, 1 pint shredded pineapple, 1 pint whipped cream, ¾ cup sugar.

Cook sugar and pineapple 20 minutes, then dissolve gelatine in hot mixture. When cold add cream. —Agnes Stahl.

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RICE MOLD WITH PINEAPPLE

½ envelope gelatine, ¼ cup cold water, ½ cup scalded pineapple juice, ½ cup sugar, 1 cup cooked rice, 1 cup whipped cream, 1 tablespoon lemon juice, a few grains salt.

Soak gelatine in cold water five minutes, and dissolve by standing cup in hot water. Add pineapple juice, sugar and salt to rice. Strain into this the gelatine, and mix thoroughly; cool slightly, and add whipped cream and lemon juice. Turn into mold lined with slices of canned pineapple. Chill, and serve with or without whipped cream. Other fruits may be used in place of pineapple.

PINEAPPLE CAKE

(Upside down)

1 cup sifted flour—Swans Down, 1 cup brown sugar, 1 cup white sugar, 4 eggs, butter size of egg, 1 tablespoon vinegar.

Beat whites of egg stiff. Fold in white sugar. Beat yolks to cream, add vinegar to them and add to the whites. Fold in flour.

Brown butter and brown sugar in iron or heavy frying pan (let cook few minutes). Add 1 can pineapple and walnuts. Pour batter on top of this and bake in moderate oven 40 minutes. When done turn upside down and serve with whipped cream.—Mary Greenwood.

FROZEN AMBROSIA

1 can crushed pineapple, ¼ pound marshmallows (cut fine), ¼ pound crushed macaroons, mix and let stand 3 to 4 hours. Add ¼ pound chopped pecans, ½ pint whipping cream (whipped). Mix all well and place in freezing tray for 3 to 4 hours. Serves 6 or 7.

—Ina Carlson.

FRESH FRUIT LAYERS

Mix 1 cup sliced fresh peaches with 1 package Royal quick setting orange gelatine. Pour over 1 cup boiling water, stir till gelatine dissolves. Do not crush peaches or gelatine will be cloudy. Add 1 cup cold water and ⅔ cup seedless white grapes. Pour into mold and chill. Grapes will go to bottom, while peaches will float making 2 separate layers. Garnish with fruit or whipped cream. Fresh blueberries, strawberries or orange may be used instead of peaches.

—Gabriel Hyre.

ORANGE TORTE

2 tablespoons fine bread crumbs, juice of 2 oranges and rind, 8 yolks, ½ lb. sugar, ½ lb. grated almonds.

Pour juice over crumbs, also rind. Beat 8 yolks with sugar, add almonds and stiffly beaten whites. Bake in layers. Fill with currant jelly. Spread with whipped cream and decorate with sliced oranges and cherries. —Helene Rock.

ORANGE CHARLOTTE

1 pkg. Knox gelatine, ½ cup boiling water, 1 cup sugar, grated rind of 1 orange, 1 cup orange juice, 3 tablespoons lemon juice, whites of 3 eggs, beaten stiff, one pt. whipping cream, 2 doz. lady fingers.

Soak gelatine in ⅓ cup cold water for ten minutes, then add boiling water and stir until dissolved.

Add sugar to fruit juices and rind, then strain. Add this to gelatine mixture and let cool until it sets, then beat with egg-beater.

Add stiffly beaten whites and the whipped cream.

Line mold with lady fingers (standing up), pour mixture in mold and let set for four or five hours.

Decorate with candied cherries and browned chopped almonds.

ALMOND TORTE

1 lb. almonds blanched—dry and ground, 12 egg whites beaten stiff, add 2 level cups powered sugar, add almond extract, then add ground nuts. Bake in slow oven. Makes two layers.

—Helene Rock.

SCHAM TORT

6 egg whites, 2 cups granulated sugar, ½ teaspoon cream of tartar, 1 teaspoon vanilla.

Put sugar in unbeaten egg whites, beat 15 min., add cream of tartar, beat 10 min., add vanilla, beat 5 min. Bake in 2 well buttered pans in slow oven 1 hour. Serve with crushed fresh fruit and whipped cream. —Marguerite Potts.

ANGEL FOOD DESSERT

1 angel food cake, 1 envelope Knox gelatine soaked in ¼ cup cold water. Melt gelatine over hot water and add 1 cup powdered sugar; add 2 tablespoons very strong coffee and 1 teaspoon vanilla and ⅛ teaspoon salt. Take off and add yolks of 8 eggs and 1 pint of cream whipped. Cover with toasted almonds chopped fine.

—"Jim" Taylor.

BAVARIAN CREAM

2 tablespoons gelatine in ½ cup of cold water. Heat one pint of milk and pour on gelatine. Beat three egg yolks and add ¼ cup of sugar, pinch of salt and slowly pour on the rest of the liquid. Cook like custard. Set in a cool place, when cold but not stiff add one pint of cream, whipped. Add 2 tablespoons of sherry, then wet mold and turn in mixture. Serve with whipped cream. —Mildred R. Jaster.

BAVARIAN FRUIT CREAM

Add to 1½ tablespoons gelatine, 2 tablespoons cold water Stir and add 5 tablespoons boiling water to dissolve. Add 1 pint crushed fruit to which ½ cup of sugar has been added. (1 qt. of berries makes 1 pint when crushed) add ½ pint of cream whipped. Put in mold. Serve with crushed fruit. —Mona R. Talkes.

CARAMEL BAVARIAN CREAM

2 cups milk, 2 tablespoons sugar, 4 eggs, ¾ cups sugar, ½ cup boiling water, 2 cups cream, 1 teaspoon vanilla, 2 tablespoons gelatine (1 envelope of Knox's), ½ cup cold water.

Soak gelatine in cold water. Scald milk. Pour on egg yolks and the 2 tablespoons sugar. Caramelize sugar, add boiling water, strain and add to soft custard, add gelatine and strain again into bowl. Add vanilla and when cool add to whipped cream. When partially set pour in spring form mold which has been lined with lady fingers. The top can be decorated with burnt almonds, cherries and whipped cream put through pastry tube. —Marguerite Potts.

RICE CREAM

½ pint heavy whipping cream, 3 rounded teaspoons of Knox gelatine, 1 pint milk, ½ cup rice, (scant measure), ⅓ cup sugar, (1 tablespoon or two of sherry may be added to jelly.) Put milk on in double boiler. When hot add rice and a saltspoon of salt. Cook until rice is very soft. The milk should be nearly cooked away leaving rice very moist. More milk may have to be added. Then add sugar and gelatine which has been soaked in cold water. When it is beginning to set in a soft jelly, fold in the whipped cream. Allow to stand for two hours in refrigerator before serving. Serve with orange or strawberry compote. —Mona R. Talkes.

GINGER CREAM

½ pint heavy whipping cream, ¼ cup Canton ginger, 2 tablespoons of ginger syrup, ¼ cup sugar, yolks of two eggs, 1 cup of milk. 3 rounded teaspoons of Knox gelatine (1 tablespoon of rum may be added). Put milk in double boiler with ginger and ginger syrup. Allow to cook short time, then add sugar and well beaten eggs, and cook slowly until it thickens. Add gelatine which has been well soaked in cold water. Must be soft. Add to custard and beat thoroughly. Allow to cool and when it begins to thicken in a soft jelly fold in whipped cream. Allow to stand for two hours in refrigerator before serving. —Mona R. Talkes.

CHARLOTTE RUSSE

4 eggs, 5 tablespoons sugar, ½ pint milk, ½ box Knox's gelatine, 1 pint whipping cream, 1 teaspoon vanilla and ¼ teaspoon almond extract if desired.

Dissolve gelatine in cold water. Pour hot milk on egg yolks which have been beaten and mixed with the sugar. Also pour enough hot milk on gelatine to dissolve it. When cool add whipped cream and lastly stiffly beaten egg whites. When partially set pour in compotes lined with lady fingers. Serves 12. —Marguerite Potts.

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MAPLE CREAM DESSERT—DELICIOUS

8 egg yolks, 2 cups maple syrup, 2 tablespoons lemon juice, 1 tablespoon gelatine, ½ pint whipping cream.

Beat yolks of eggs, add syrup, cook until thick slowly, stirring constantly, add lemon juice, then gelatine that has been dissolved in 2 tablespoons cold water. Cool, add whipped cream and mould. Serve with following sauce:

Sauces: 4 yolks of eggs, 2 tablespoons XXXX sugar, ½ pint whipped cream, vanilla, add sugar to beaten eggs, then cream and season. Serves 12.

CAFE A LA CARLOS

½ envelope gelatine, ¼ cup cold water, 1 cup strong coffee, boiled; 1 cup sugar, yolks of 3 eggs, 1 pint heavy cream, beaten stiff.

Soak gelatine in cold water five minutes. Make a custard of coffee, sugar and yolks of eggs, and add soaked gelatine. Cool, add cream and freeze. Serve in parfait glasses; garnish with whipped cream, sweetened, and flavored with vanilla, forced through a pastry bag and tube, and glaced cherries or any fancy fruit.

PEACH GLOW

Dissolve two packages of lemon gelatine in two cups of boiling water; cool and divide in 2 parts. To the first part add 1 cup cold water. Drain one No. 2 can of sliced peaches and arrange about half, in the bottom of a very decorative mold: sprinkle sugar around on top and pour in a little of the clear jelly. When this has set, add the rest and set in refrigerator until solid. To the second half of the gelatine add two tablespoons lemon juice and four tablespoons confectioner's sugar. When about ready to congeal fold in one cup beaten cream, one-fourth cup chopped walnuts and pour on top of the already stiff, clear jelly in the mold. Chill thoroughly. Unmold and garnish around the base with the remaining peaches, whipped cream and mint cherries. —Frances H. Chamberlain.

PEACH COBBLER

Sprinkle thick layer of brown and white sugar on bottom of baking dish. Then thick layer of sliced peaches and another layer of sugar. Over this pour batter made as follows:

½ cup sugar, 1 tablespoon butter, 1 egg, ½ cup milk, beat these together; 1½ cups flour, 1 heaping teaspoon baking powder, 1 teaspoon vanilla, pinch salt. —Norma Farmer.

STRAWBERRY SHORTCAKE

2 cups flour, 4 teaspoons baking powder, ½ teaspoon salt, 1 tablespoon sugar, ¾ cup milk, ¼ cup butter, 1 to 1½ qts. strawberries, Cream.

Mix dry ingredients, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide in 2 parts. Pat, roll out and bake 12 minutes in hot oven in layer cake tins. Sweeten strawberries to taste. Crush slightly and put between and on top of short cake. Allow from 1 to 1½ boxes berries to each short cake. Serve with cream, plain or whipped.

APPLE TRIANGLES

Sift 2 cups flour with ½ teaspoon sugar, ¼ teaspoon salt and chop into it ¾ cup shortening. After chopping, rub with finger tips until well mixed. Wet with ice water to a dough that can be rolled. Roll, fold and roll again. Do this 4 times, then roll out thin and cut in 5 inch squares. Have ready tart apple pulp chopped fine and mixed with ¼ as much sugar as apple. Flavor with cinnamon and add a few seedless raisins. Put heaping spoonful of mixture on each square. Dot with butter. Fold to form triangle. Wet edges with cold water, then press together firmly. Prick top several times. Lay in shallow pan and do *not* grease, bake until brown. Serve hot with cream cheese on top or hard sauce. —Elizabeth Curtis.

APPLE CRISP DELIGHT

Sift ½ cup flour, 1 teaspoon cinnamon, ⅓ cup sugar. Then work into this ½ cup butter using finger tips. Fill baking dish with sliced apples—about five medium sized apples. Spread thickly with butter-flour mixture and bake in hot oven (400 degrees) until top is browned and apples are soft. Serve with whipped cream. Serves 5 or 6. —Nellie Bowler.

APPLE DELIGHT

6 apples, 1 cup sugar, 2 eggs, ½ cup nutmeats, 1 teaspoon butter, ½ cup flour, 1 teaspoon baking powder, vanilla.

Beat eggs, then add sugar, nuts chopped fine, vanilla and flour with baking powder. Slice apples in baking dish and pour batter over. Bake ½ hour in moderate oven. —Mildred Jeavons.

APPLE DESSERT

Slice apples and put in baking dish. Pour over scant cup sugar.

Mix ½ cup brown sugar, ½ cup butter, 1 teaspoon cream, 1 cup flour. Put above mixture over top, and bake slowly for 1½ hours.

—Corrinne Stowe.

BLANC MANGE PUDDING

1 pint sweet milk, ½ cup sugar, pinch of salt, 2 tablespoons cornstarch dissolved in cold milk.

Stir this into the boiling milk and add the whites of two eggs well beaten. Mix thoroughly and put in mold. Serve very cold. Serve with maple sauce. —Ethel Ukl.

MAPLE-WALNUT MINUTE TAPIOCA

(Six Portions)

1 pint hot milk, ⅓ cup Minute Tapioca, 1 cup maple syrup, ½ teaspoon salt, 1 egg, cup English walnut meats.

Cook in double boiler 15 minutes, Minute Tapioca, maple syrup and salt in hot milk, stirring frequently. Add the well-beaten egg yolk, but NO sugar. Stir for 3 minutes, cool, and add part of the walnut meats, chopped fine. Fold in beaten white of egg, decorate with unchopped nuts, and serve cold with plain or whipped cream.

FIG TAPIOCA

1 cup pearl tapioca, 3 cups cold water, 1½ cups light brown sugar, ⅔ cup diced figs, ⅔ cup chopped walnut meats.

Soak tapioca over night in water; in morning add sugar, figs and nuts and cook 1 hour in double boiler, add vanilla and turn into mould. Serve with cream, whipped or plain.

FIG PUDDING

1 cup chopped figs, 2 cups bread crumbs, ½ lb. suet chopped, 2 eggs beaten, 1 cup milk, 1 cup granulated sugar, nutmeg to taste, steam 2 hours.

Sauce

1 tablespoon butter, 1 tablespoon flour, ½ cup powdered sugar, hot water. Season with lemon or wine. —Marion Kinney.

PRUNE MERINGUE

5 whites of eggs, 1 cup pulverized sugar, ½ teaspoon cream of tartar, 1 cup French prunes cut fine.

Beat eggs, add sugar and cream of tartar, beat then add prunes. Bake in moderate oven in greased pan set in pan of hot water 20 minutes. Serve with plain or whipped cream. Serves four.

—Agnes Stahl.

PRUNE WHIP

1½ cup cooked prunes, press through colander, 1 tablespoon powdered sugar, let stand; whites of 5 eggs beaten stiff. Fold into mixture. Add a little vanilla. Bake in buttered casserole in slow oven about 30 minutes. Serve with custard sauce. —Julia Dodd.

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COTTAGE PUDDING

⅓ cup butter, ⅔ cup gran. sugar, 1 egg (beaten), 1 cup milk, 2¼ cup flour, 3 teaspoons baking powder, ½ teaspoons salt. Bake in buttered cake pan 35 minutes. Serve with foamy sauce.

—Julia Dodd.

LEMON RICE PUDDING

1 cup cooked rice, 1 cup rich milk or cream, yolks of 3 eggs (beaten) grated rind of 1 lemon, 1 tablespoon sugar, bake ½ hour in moderate oven. Cover with meringue: 3 egg whites, beaten stiff, juice of 1 lemon, ⅔ cup powder sugar. Put in hot oven about three minutes. —Mildred Jeavons.

DATE AND NUT PUDDING

(8 Persons)

1 package dates chopped fine, 1 cup walnut meats chopped fine, 2 eggs, 1 cup light brown sugar, ½ cup sifted Swan's Down flour, 2 teaspoons baking powder, 2 teaspoons vanilla.

Beat eggs, add dates and nuts then sugar, flour and baking powder and vanilla. Bake in shallow pan in slow oven about 20 mins. When cool break into pieces and serve with whipped cream.

—Marguerite Potts.

DATE PUDDING

Mix together 1 cup ground dates, ½ cup sugar, 3 eggs lightly beaten and 1 heaping tablespoon flour mixed and sifted with 1 teaspoon baking powder.

Put in buttered pudding dish—bake in moderate oven 30 minutes and serve with sweetened whipped cream. —Beth F. Fiske.

CHEESE CAKE

1 box Holland Rusk, ground fine; 1 teaspoon cinnamon, 1 cup sugar, ¼ cup melted butter. Blend these together. Filling: 2 lbs. dry cottage cheese, 1 cup sugar, 4 eggs beaten whole, ½ pint cream, 2 tablespoons flour, 1 teaspoon vanilla.

Put blended ingredients in bottom and on sides of medium size spring mold. Press with your fingers to make the sides remain put. Then pour cheese and other ingredients on rusk. Bake in a slow oven for two hours or until cheese filling is set. Serves eight.

—Pauline S. Keil.

CHEESE PUDDING

1 egg, ½ cup bread crumbs, 1 cup milk, 1 cup cheese cut fine, ½ teaspoon salt. Put crumbs in buttered pan. Mix in cheese. Beat egg in the milk and pour over. Bake in moderate oven until set as a custard. —Nellie Bowler.

ZWIEBACK PUDDING

1 package Zwieback or Holland Rusk. Crush and add ¾ cup granulated sugar, 1 teaspoon cinnamon, ¼ cup melted butter, salt. Take ¾ cup of mixture and set aside. To remainder add 1 egg beaten. Line a pie tin pack well on sides and bottom. Bake 25 minutes in a slow oven.

CUSTARD FILLING

⅔ cup sugar, 2 teaspoons cornstarch, 2 cups milk, 3 egg yolks. Cook in double boiler stirring constantly. Add vanilla after removing from fire. Put in pie tin and over top put meringue: 3 egg whites beaten stiff, 2 teaspoons powdered sugar. Add the ¾ cup of crumbs. Bake 20 minutes. —Ruth Kraeer.

GRAHAM CRACKER DESSERT

9 graham crackers (put through grinder), 18 marshmallows, 18 dates cut fine and 18 walnuts cut fine, ½ pint cream. Put in ice box over night and serve with whipped cream. —Mary D. Franz.

GRAHAM CRACKER TORTE

1 cup sugar, 3 eggs, 1½ cups of graham cracker crumbs, 1 cup nut meats, 1 cup dates, 2 level teaspoons baking powder, pinch salt. Beat eggs and sugar together until creamy, add salt and baking powder to cracker crumbs. Stir in eggs and sugar, add nuts and dates (cut up), last fold in beaten whites. Bake twenty to thirty minutes in slow oven (350 degrees). Cut in small squares and serve with whipped cream. —Jean Wilmore.

EASY CHOCOLATE PUDDING

1 box Famous Chocolate Cookies (National Biscuit Co.), 1 pint whipped cream, vanilla.

Spread cream on cookies and alternate until whole box is spread. Roll in oiled paper like a jelly roll. Place in ice box, standing on end for 3 hours. When ready to serve, remove paper and cover roll with the remainder of whipped cream. Sprinkle over top, nuts or colored sugar or chocolate sprinkles. Cut in diagonal slices. Serves 8. —Frances Brockett.

CHOCOLATE BREAD PUDDING

2 squares Walter Baker's chocolate, 2 cups bread crumbs, 4 cups scalded milk, ⅔ cup sugar, 2 eggs, ¼ teaspoon salt, 1 teaspoon vanilla, ½ cup chopped walnuts.

Melt chocolate over hot water, soak bread in milk one half hour, add sugar, then chocolate, salt, vanilla, nuts and eggs well beaten. Turn into buttered pudding dish and bake in moderate oven ½ hour. —Agnes Stahl.

CHOCOLATE ICE BOX CAKE

¼ lb. powder sugar, ¼ lb. butter, 4 eggs, ¼ lb. German sweet chocolate, ¼ lb. almonds (shredded), 1 teaspoon vanilla.

Cream together sugar and butter, add well beaten yolks, then melted chocolate, almonds and vanilla, lastly well beaten whites. Pour into spring bottom mold lined (sides with lady fingers and bottom covered with macaroons). Put in ice box over night. Serve with whipped cream. —Flora Ayers.

SPICED BREAD CRUMB PUDDING

1 cup sour milk, 1 cup bread crumbs, 1 cup brown sugar, ½ cup flour, ½ teaspoon cinnamon, ¼ teaspoon cloves, ¾ cup raisins, ½ cup nut meats, ¼ cup butter.

Soak crumbs in milk ½ hour, cream shortening and sugar, add dry ingredients, raisins, nuts and bake in slow oven 45 minutes.

—Edna Hodell.

REESE ROLL

5 eggs, ¾ cup granulated sugar, ¼ cup Walter Baker's cocoa, ¼ cup. Swans Down, ½ teaspoon salt, vanilla, 1 teaspoon baking powder. Cream yolks of eggs and sugar, beat in flour, cocoa, salt, vanilla, baking powder. Beat well. Fold in beaten egg whites. Bake in a greased brown paper in a tin 14 by 14 inches, or broiler pan. Bake in quick oven ten to fifteen minutes. Turn out on damp towel, cover with damp towel. Beat 1 pint of whipping cream, spread on cake. Roll like jelly roll. Frost with chocolate butter cream. Sprinkle with chopped nuts. —Jean Wilmore.

STEAMED CHOCOLATE PUDDING

1½ tablespoons butter, ⅓ cup sugar, 1 egg, ½ cup milk, 1⅛ cup flour, 2½ teaspoons baking powder, 1½ sq. Baker's chocolate, pinch of salt.

Cream the butter, add sugar gradually and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture. Then add chocolate, melted. Turn into butter ring mold, cover, steam 1½ to 2 hours. Serves 6 to 8. Serve with whipped cream or with foamy sauce flavored with sherry.

—Mona R. Talkes.

UNCLE WRIGGLY PUDDING

1 cup raw carrots, 1 cup raw potatoes, 1 cup raisins, ½ cup suet, 1 cup sugar, 2 cups flour, 1 teaspoon baking soda, 1 teaspoon cinnamon, 1 teaspoon cloves, ½ teaspoon salt.

Put through meat grinder. Mix well and steam 2½ hours. Serve hot with hard sauce. —Elizabeth Curtis.

SAILOR DUFF

1 egg, 2 tablespoons sugar, ½ cup molasses, 2 tablespoons melted butter, 1 teaspoon soda dissolved in ½ cup boiling water, 1 large cup flour. Mix as you would cake. Pour into pudding mold and steam 1 hour. Serve with Sailor Duff sauce. —Julia Dodd.

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CHRISTMAS PUDDING

1 cup chopped suet, 1 cup sour milk, 1 cup molasses (dark), 2 cups raisins, 1 cup nut meats broken, 1/3 cup sugar, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon cinnamon, little nutmeg and cloves, 1 teaspoon salt.

Mix in the order given, add enough flour to make a little stiffer than batter cakes. Steam 3 hours. Serve with hard brandy sauce or Edna Williams' foamy sauce. Will serve 12 people.

—Edna Williams.

BLUEBERRY PUDDING

2 cups flour, 2 tablespoons butter, 2 teaspoons baking powder, mix well and add: 1 cup milk, 1 egg, 1/2 cup sugar (mixed), 1 qt. blueberries. Steam in pudding dish 45 minutes; serve with cream or sauce.

Pudding Sauce: 2 cups sugar (granulated or powdered), 1 cup butter creamed, 1 tablespoon vanilla, 4 yolks of eggs beaten with all of above and then add 4 beaten whites of eggs just before serving.

—Fay Hampton.

STEAMED PUDDING

1 egg, 2 lbs. sugar, 2 teaspoons melted butter, 1 1/2 cup dark molasses, 1 teaspoon soda in 1 tablespoon hot water, 1 1/2 cup flour, 3/4 cup boiling water. Mix together and add water last. Butter mold and steam one hour.

Sauce: 2 egg yolks, 1 cup powdered sugar, 1/2 pint whipped cream.

—Corrinne Stowe.

SNOW FLAKE PUDDING

1 cup sugar, 1/2 cup butter creamed together, 1/2 cup milk, 2 cups flour, 2 teaspoons baking powder, whites of 4 eggs beaten. Steam 45 minutes in individual molds, sprinkle with powdered sugar before serving.

Sauce: 2/3 cup butter, 2 cups powdered sugar—creamed together. Add 2 cups crushed berries. Serves 8.

—Agnes Stahl.

FRENCH PANCAKES

3 eggs beaten separately, 1 teaspoon sugar, 1/2 teaspoon salt, 1/2 cup sifted flour, 1 cup milk, 1 tablespoon melted butter.

Add sugar to beaten yolks of eggs, salt and 1/2 cup milk, melted butter, 1/2 cup flour, then 1/2 cup milk again and fold in whites of eggs beaten stiff. Bake on hot griddle. Butter each cake lightly, spread with jelly and roll while hot. Place side by side on platter, dredge with powdered sugar. Heat wire toaster red hot and burn lines on sugared cakes or serve with following Orange Sauce: 1 tablespoon butter, 1/2 tablespoon powdered sugar and juice of oranges mixed well.

Pudding Sauces

SAUCE FOR GINGERBREAD OR CAKE

2 eggs, ¾ cup powdered sugar, ½ pint whipping cream. To beaten egg yolks add sugar, then cream well whipped. Then whites of eggs well beaten. Vanilla if desired. —Beth F. Fiske.

SAUCE FOR SAILOR DUFF

2 eggs, beat yolks, add 1½ cups powdered sugar. Add ½ pint whipped cream then add whites of eggs beaten. Flavor with 2 teaspoons of vanilla. —Julia Dodd.

CUSTARD SAUCE

Yolks of 5 eggs, ½ cup granulated sugar, 1½ cup milk. Cook in double boiler, but do not let it come to a boil. When thick enough remove from stove, add vanilla and a small piece of butter.

—Julia Dodd.

FOAMY SAUCE

½ cup butter, 1 cup powdered sugar, 2 eggs, 1 teaspoon lemon juice, 1 teaspoon vanilla. Cream butter and sugar, add well beaten yolks. Put in double boiler and stir 2 minutes, add beaten whites. Beat 1 minute with egg beater. Serve at once.

FOAMY SAUCE

2 eggs, 2 cups powdered sugar, 1 pint whipped cream. Beat whites and yolks of eggs separately, add sugar, let stand in ice box 2 hours. Add cream and vanilla or brandy when ready to serve.

—Edna Williams.

PUDDING SAUCE

2 cups four X powdered sugar, ½ cup melted butter, 2 whole eggs, 1 teaspoon vanilla. Mix all together, beat well with a Dover beater about five minutes. —Jean Wilmore.

PUDDING SAUCE

¾ cup brown sugar, ½ cup butter, yolks of 2 eggs beaten, heat in double boiler, add 1 cup whipped cream before serving.

—Agnes Stahl.

HARD SAUCE

1 cup sugar, 2 egg yolks beaten, ⅓ cup hot water, 1 cup whipped cream. Boil to 238 degrees. Pour hot syrup over egg yolks and cook in double boiler until thick, stirring all the time. Remove from fire, when cold add whipped cream. Flavor with vanilla.

—Elizabeth Curtis.

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HARD SAUCE

2 tablespoons of butter creamed, add slowly 1 cup powdered sugar, beat hard. Now add white of 1 egg unbeaten. Beat until creamy. Add 1 teaspoon flavoring, place on ice until needed.

—Claire R. Hall.

CHOCOLATE SAUCE

3 tablespoons Baker's cocoa, 7/8 cup sugar, 1/2 pint whipping cream. Mix and let stand in refrigerator 2 1/2 hours. When ready to serve beat well with Dover egg beater. —Agnes Stahl.

CHOCOLATE SAUCE

1 ounce unsweetened Baker's chocolate, 2 tablespoons butter, 1/2 cup boiling water, 1/2 cup sugar, 1/2 teaspoon vanilla extract.

Melt chocolate in top of double boiler. Add butter and when mixed pour water on slowly, stirring constantly, then add sugar. Bring to boiling point and boil five minutes without stirring; add vanilla and few grains salt and serve hot.

MAPLE SAUCE

1 cup sugar, 1 cup water, 1 tablespoon lemon juice, 1 tablespoon maple flavoring, 1 teaspoon corn starch.

Heat half the sugar in frying pan; stir continually; when brown add water and boil; add remainder of sugar, corn starch mixed with a little cold water, lemon juice and maple flavoring; boil 3 minutes. Serve hot.

ORANGE OR STRAWBERRY COMPOTE

2 cups sugar, 3 or 4 oranges. Peel oranges down to pulp. Remove core and seeds, and cut in thin slices. Put two cupfuls of sugar and half a cup of water in saucepan. Let cook slowly until a syrup. Drop a few pieces of orange in at a time and cook until tender. When all the oranges are cooked, boil syrup until it threads and pour over cooked oranges. —Mona R. Talkes.

HOT FRUIT SAUCE FOR COTTAGE PUDDING

1 tablespoon butter, 2 tablespoons flour, 2 cups boiling water, 1/4 cup sugar, 1 cup strawberry or raspberry jam.

Melt butter, add flour and stir until it bubbles; add boiling water and sugar. Boil until smooth and thoroughly cooked. Add jam and serve hot. —Mildred Jeavons.

RITZ-CARLTON SAUCE FOR SPONGE CAKE, ETC.

1/2 pint of whipping cream, 1/2 pint of coffee cream, 1 egg, 1 level dessert spoon of Knox's gelatine, pinch of salt, 7/8 cup of sugar.

Put coffee cream in double boiler and let it get heated through, and dissolve gelatine in this hot cream. Whip egg light and add to it the hot cream. When this mixture is blended add salt. Let cool, and add whipped cream. Add flavoring. Put in refrigerator for several hours. Pour over sponge cake or any stale cake.

If this sauce is a little too thick after cooling thin with a little cream. This serves seven. —Frances Chamberlain.

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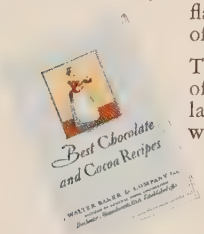

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Chocolate Layer Cake

(3 egg whites)

2 cups sifted Swans Down Cake Flour
2 teaspoons Calumet Baking Powder
½ cup butter or other shortening
1 cup sifted sugar
¾ cup milk
1 teaspoon vanilla
3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 20 to 25 minutes. Spread Soft Chocolate Frosting between layers and on top and sides of cake. Double recipe to make three 10-inch layers.

Soft Chocolate Frosting

Cut 4 squares Baker's Unsweetened Chocolate in pieces. Add to 1¼ cups cold milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Sift 4 tablespoons flour with 1 cup sugar; add a small amount of chocolate mixture, stirring until smooth. Return to double boiler, cook until thickened, and add 2 tablespoons butter and 1 teaspoon vanilla. Cool and spread on cake. Makes enough frosting to cover tops and sides of two 9-inch layers.

Chocolate Butter Frosting

Cream 4 tablespoons butter, add 1 cup confectioners' sugar, and cream together thoroughly. Add ½ teaspoon vanilla and 1½ squares Baker's Unsweetened Chocolate, melted. Add additional 1 cup confectioners' sugar gradually, beating well after each addition. Thin with hot milk (about 4 teaspoons) until of right consistency to spread. Makes enough frosting to cover tops of two 9-inch layers, or top and sides of 8 x 8 x 2-inch loaf.

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Ice Cream

GENERAL RULES FOR FREEZING ICE CREAM

Scald and then chill can, cover and dasher of freezer before using. Adjust can in tub, put in the mixture, then the dasher and cover; adjust the crank, and pack with finely chopped ice and rock salt; this must be higher than the mixture inside.

Use three parts of ice to one part of rock salt for freezing, and use four parts ice to one part rock salt for packing afterwards.

Ice cream must be frozen slowly and steadily.

When mixture is frozen, remove ice and salt from top of can; wipe top and the cover; uncover and remove dasher, scrape it, beat the frozen mixture with a wooden spoon. Place heavy paper over it, put on cover and place a cork in the hole. Do not strain off the water until the mixture is frozen. Repack the freezer, putting ice on the top, cover with carpet or newspaper, and stand in cool place several hours.

The ice must be finely crushed. Place ice in a burlap bag pound with the broad side of an axe or hatchet to crush easily.

In preparing ice cream with fruit, the sugar and crushed fruit should stand 1 hour in a cool place, or until the sugar is dissolved, then add cream and freeze; in preparing ice cream without fruit, the cream should be scalded and the sugar dissolved in it; cool, add flavoring and freeze.

Use crushed fruit and only the juice of very seedy fruits.

APRICOT ICE

1 cup sugar, ½ cup white corn syrup, 2 cups water, 4 tablespoons lemon juice, 2 cups apricot pulp and juice.

Cook sugar, corn syrup and 1 cup water to 240 degrees. Remove from fire and add lemon juice, 1 cup cold water and apricots which have been put through a coarse sieve. Cool and freeze. This makes 2 quarts.

APRICOT SURPRISE

One can apricots put through a sieve, ½ cup sugar, juice of ½ lemon, stir until sugar is dissolved. Beat one pint whipping cream until it holds a peak, fold in twelve macaroons broken in pieces. Pour apricot syrup in melon mold filling it half full. Cover with whipped cream. Level off top cover with wax paper. Put on cover, pack in ice and rock salt, being sure mold is upright in ice. Freeze about 3 or 4 hours. —Jean Wilmore.

BANANA ICE CREAM

1½ pints milk (scalded), add 1½ cups sugar and 4 yolks, cook all until thick. When cool add—1½ pints cream, 6 bananas (mashed through colander), freeze at once in a 3-qt. freezer.—Ina Carlson.

BISQUE ICE CREAM

3 eggs, 1 pint milk, 1 cup sugar, 6 to 8 macaroons (dried), 1 quart double cream.

Method

Make custard of eggs, milk and sugar. Let cool. Add ground macaroons, liquor or vanilla to flavor. Fold in cream that has been whipped. Freeze in usual manner. Will serve ten.

—Florence C. Farch.

CANTALOUPE FRAPPE

2 cups sugar, ½ cup lemon juice, 6 cups ripe cantaloupe pulp. Mix all well together. Mash and press through a fine sieve. Freeze like ice cream, serve in cantaloupe shells shaped in baskets.

—Jean Wilmore.

CHOCOLATE MOUSSE

1 quart cream whipped, 2 squares Bakers' chocolate, 3 tablespoons sugar, 3 tablespoons boiling water, 1 cup powdered sugar.

Stir chocolate, 3 tablespoons of sugar and hot water until smooth and glossy. Add 3 tablespoons of cream. Then sprinkle powdered sugar over cream and pour chocolate mixture in very slowly, beating all the time. Add vanilla. Have mold very cold and pack. Leave 3 or 4 hours. —Mona Talkes.

CHOCOLATE ICE CREAM

Beat yolks 2 eggs, add 1 cup sugar, heat 1 pint rich milk (scalding), pour over and dissolve 2 squares of Baker's chocolate, 1 teaspoon vanilla, pinch salt and then stir on to beaten whites. Add cream if desired rich, leaving out milk. Cool all before putting into freezer.

—Fay Hampton.

CRANBERRY ICE

4 cups cranberries, 2 cups cold water, 2 cups sugar, juice of 2 lemons.

Cook berries with water until the berries stop popping, strain, add sugar and cook until dissolved. Cool, stir in lemon juice and freeze to mush in General Electric Refrigerator. Remove to cold bowl, add to egg whites unbeaten and beat all together. Return to tray and freeze 3 hours.

LEMON ICE CREAM

Juice of 2 lemons, rind of 1, 2½ cups sugar (scant), 1 teaspoon lemon extract, 1 pint cream, 1 pint milk fresh and cold, freeze. Serves 8 people. —Marie Wallace.

FROZEN EGG NOG

4 egg yolks, 1 cup rich milk, ¾ cup powdered sugar, 1½ teaspoon gelatine, 2 tablespoons cold water, 1 cup cream to whip, 2 egg whites, 2 teaspoons rum extract.

Beat egg yolks, add sugar, beat well. Soak gelatine in cold water and dissolve over hot water. Cool. Add milk slowly to egg mixture beating until like custard. Add gelatine and place in refrigerator till thickened, whip cream, fold into mixture, whip egg whites and fold in. Freeze 3 to 4 hours in General Electric refrigerator. Sprinkle with nutmeg.

SOUTHERN FROZEN EGG NOG

12 eggs, 2 quarts double cream, 2 glasses whiskey, 2 cups granulated sugar.

Method: Beat yolks of eggs until creamy. Add sugar gradually and continue beating until sugar is dissolved. Add whiskey gradually. Add whites of eggs that have been beaten stiff. Add cream that has been whipped stiff. Freeze in usual manner. —Florence C. Farch.

FRENCH VANILLA ICE CREAM .

Pour 2 cups scalded milk over 5 beaten egg yolks mixed with 1 cup sugar and dash salt. Cook until it coats the spoon. Add 1 teaspoon butter, strain through coarse sieve and beat until cold. Add 1 cup whipped cream and flavoring. 3 yolks may be used and 2 cups of cream (milk). Freeze.

FROZEN FIG ICE CREAM

1 quart milk, 4 eggs, 1 tablespoon gelatine, ½ lb. of figs, ½ lb. English walnuts.

Make a custard of milk and eggs. Add dissolved gelatine, figs and nuts which have been chopped fine. Cool and freeze. ½ pint of whipped cream may be added when half frozen.

—Mona R. Talkes.

LEMON SHERBET

Juice of 4 lemons, juice of 2 oranges, 1 cup cream, 3 cups milk, 2½ cups sugar. Dissolve sugar in milk, put in freezer with cream and freeze until it congeals a little, then add fruit juice and freeze hard.

MAPLE MOUSSE

1 cup maple syrup, 3 eggs, ½ pint whipping cream, 1 teaspoon gelatine.

Bring syrup to boil, add to beaten eggs and cook in double boiler until thick. Cool and add gelatine which has been soaked in cold water. Add whipped cream. Freeze from 5 to 6 hours.

—Mona Talkes.

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MAPLE MOUSSE

1 cup maple syrup, 1 pint whipping cream, 4 eggs, pinch of salt.

Separate eggs, keep whites cold. Put syrup and 4 yolks beaten lightly and salt in double boiler. Keep stirring and cook until it creams, about 20 minutes. Chill thoroughly. Beat 4 whites very stiff. Beat cream very stiff, combine and add to this the syrup mixture. Pack in mold packed in ice about 3 hours. —Beth F. Fiske.

EASY NESSELRODE MOUSSE

1 pint whipping cream, 1 jar Nesselrode (white is combination of French marrons, assorted fruits with rum punch flavoring).

Whip cream until stiff, then fold in Nesselrode. Put in ice pan in electric refrigerator to freeze or pack in ice and salt.

—Mona R. Talkes.

ORANGE ICE

1½ dozen oranges, 3 lemons, 2 quarts water, 5 cups sugar. Make a syrup of sugar and water, then add other ingredients and freeze. Enough for 25 people. For small family: 6 oranges, 1 lemon, a little over 1 pint of water, 2 cups of sugar. —Ellen Carpenter.

FROZEN ORANGE PUDDING

1½ cups orange juice, juice of 1 lemon, sweeten with one cup sugar, stir well. Whip one pint whipping cream, sweeten to taste.

Put orange juice in melon mold, cream on top of orange juice, cover with waxed paper, pack in ice and salt, freeze for 4 hours, be sure mold is straight in freeze. —Jean Wilmore.

PEACH MOUSSE

1 cup mashed fresh peaches, 1 cup sugar, ⅓ cup water, 2 egg whites, juice 1 orange, 1 pint heavy cream whipped.

Method: Boil sugar and water to 238 degrees and pour into egg whites beaten stiff. Combine peaches and orange juice. Beat in egg whites. Stir until cool and fold in whipped cream.

PEPPERMINT CANDY ICE CREAM

3 cups cream, ¾ lb. of either red or green striped candy (peppermint), break candy into small pieces, dissolve in part of milk over night or several hours, add other ingredients and freeze.

—Gertrude Findlay.

PLAIN ICE CREAM

Beat 2 eggs, add 1 pint of cream, 1 scant cup sugar and 1 additional of either crushed fruits or plain milk with vanilla flavoring and freeze. Do not add chocolate to this recipe. —Fay Hampton.

PINEAPPLE SHERBET

3 cups of water, 3 cups of sugar, boil 15 minutes; 1 can grated pineapple, strain through sieve; juice of 2 lemons. Cool and freeze to a mush and add stiffly beaten whites of 3 eggs, freeze until hard. Strawberries mashed with a little sugar and juice of 1 lemon may be substituted for pineapples. —Ethel Uhl.

BLACK OR RED RASPBERRY

1 quart berries, 1 quart cream, 1 cup hot milk, 6 yolks, 2 cups sugar.

Press and strain the fruit. Beat eggs and sugar well together—add fruit juice, then hot milk, and lastly the cream. Freeze.

STRAWBERRY ICE CREAM

1 quart cream, 1 quart strawberries. Mash through sieve and add 2 cups sugar. Mix together and freeze. —Jean Wilmore.

STRAWBERRY SHERBERT

2 eggs, 1 quart strawberries, 1 pint water, 2 cups sugar, juice ½ lemon. Mash and strain strawberries, add water, sugar and lemon. Partly freeze, add whites. Freeze 20 minutes and pack in two parts ice and 1 part salt. —Fay Hampton.

Ice Cream Sauces

BUTTERSCOTCH SAUCE

1 lb. brown sugar, ¼ lb. butter, ½ pint heavy cream.

Put ingredients in top of double boiler. Place over hot water over slow heat and cook 1 hour stirring occasionally. This is too much sauce for four, but it will keep a long time in a cool place. It is especially good on vanilla ice cream.

CARMEL ALMOND SAUCE

1 cup cream (½ pint), 1 cup medium brown sugar, 1 cup maple Karo syrup, 1 tablespoon butter, ½ lb. salted almonds.

Method: Boil cream, sugar, Karo and butter to 225 degrees (or until it forms a gummy mass in water). Let cool and add salted nuts.

—Florence Farch.

CHOCOLATE SAUCE

1½ cups pulverized sugar, butter size of walnut, ¼ lb. chocolate (Baker's), ½ cup cream, ¼ cup sherry (Virginia Dare), 1 teaspoon vanilla.

Cream butter and sugar together, then add melted chocolate and cream. Boil 6 or 7 minutes. Add vanilla and sherry and cook 2 minutes longer. —Nellie Bowler.

CHOCOLATE SAUCE

1½ cup sugar, 2 tablespoons butter, 1 square Baker's chocolate or 3 tablespoons cocoa, ⅓ cup hot water, ⅓ cup single cream, 1 teaspoon vanilla, pinch of salt.

Melt chocolate in top of double boiler, add butter to sugar and salt. Add hot water and heat directly over fire until sugar is dissolved. Then cook 5 to 10 minutes. Remove from fire and add well beaten cream and vanilla. —Ellen Carpenter.

MARSHMALLOW MINT SAUCE

(To be served with Chocolate Ice Cream)

2 cups granulated sugar, 1 cup water, 2 egg whites, green vegetable coloring, essence of peppermint.

Method: Boil sugar and water to 228 degrees. Pour slowly over stiffly beaten egg whites, add few drops of peppermint to suit taste. Tint to light green with vegetable coloring. —Florence Farch.

PINEAPPLE MINT SAUCE

Put 1 cup crushed pineapple, 1 cup sugar into saucepan, add green coloring to make a brilliant green, add ¾ cup water and simmer 10 minutes, cool and add 6 drops oil of peppermint and chill. Serve on Vanilla Ice Cream. —Ina Carlson.

Pies

PIE CRUST

1½ cups flour, ½ teaspoon salt, ½ teaspoon baking powder, ½ cup lard or lard and butter mixed.

Rub shortening into dry ingredients. Add enough ice water to moisten, about 4 or 5 tablespoons. Handle as little as possible and roll out, using a little dry flour. Roll crust only one way. To make pie with one shell, fill pans, pile high on edges and prick bottoms and side with fork. Bake for 10 minutes in very hot oven (490 degrees). Pies with two crusts should bake 45 minutes at 425 degrees to 450 degrees. —Mary Greenwood.

CREAM CHEESE PIE CRUST

¼ lb. butter, ¼ lb. cream cheese, 1 heaping cup flour, pinch salt.
—Jean Wilmore.

FOOL PROOF OR HOT WATER PASTRY

½ cup shortening, 1½ cup flour, ⅛ teaspoon salt, 1 teaspoon baking powder, ⅓ cup boiling water.

Put shortening in boiling water and when it has dissolved, add flour sifted with baking powder and salt. Wrap in wax paper and keep in General Electric refrigerator at least 4 hours before using.

MERINGUE FOR PIES

Add 2 stiffly beaten egg whites gradually to ¼ cup powdered sugar, spread over top and bake a few minutes to a delicate brown—to avoid "dewdrops" bake meringue 15 minutes at 300 degrees F.

ACACIA PIE

Dissolve ½ tablespoon gelatine in ⅓ cup water. Break 4 egg yolks in bowl, add 3 tablespoons lemon juice, grated rind of ½ lemon, ½ cup sugar. Beat together and cook in double boiler like custard until thick. Put gelatine in while custard is hot. Add 4 egg whites beaten stiff, with ½ cup sugar added. Pour into baked crust. Serve with whipped cream sweetened with 1 tablespoon powdered sugar. —Ruth C. Body.

COCOANUT PIE

1 quart milk, 3 tablespoon cornstarch, cooked and cooled.

Beat 3 yolks and ½ cup sugar together. Add to milk and cook in double boiler until thick. Add vanilla and 1 cup cocoanut. Have crust baked. Put filling in. Put meringue on top and sprinkle with cocoanut. Brown 8 minutes in slow oven. —Ina Carlson.

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BUTTER SCOTCH PIE

6 tablespoons butter (⅔ cup), 1½ cups brown sugar, 9 level tablespoon flour, 3 cups milk, 3 egg yolks, salt, vanilla.

Method: Melt sugar and butter in frying pan and then gradually add flour. Heat milk in double boiler, salt to taste. Stir first mixture into milk and let thicken. Beat yolks slightly and add to mixture. Fill baked pie crust with custard and when cool garnish with whipped cream. —Florence C. Farch.

CHERRY PIE

(Made with Fresh Cherries)

2 cupfuls sour seeded cherries, sugar (usually about 1 cupful), 3 tablespoons flour.

Line a pie pan or glass pie dish with pastry.

Mix the sugar (the quantity depending upon the sweetness of the cherries) and flour. Spread ½ of this mixture over the crust, then add the cherries and finally the remainder of the sugar mixture.

Set the temperature wheel of the oven at 425 degrees and bake for 35 to 45 minutes.

CHOCOLATE CREAM PIE

½ cup sugar, 2 tablespoons flour, 2 egg yolks, vanilla, 2 cups rich milk, 2 squares of Baker's chocolate, 1 tablespoon butter.

Mix sugar and flour. Stir milk into the egg yolks and when blended add to sugar and flour. Cook in double boiler; when beginning to thicken add chocolate which has been previously grated; butter and vanilla to taste. Let thicken, then when cool, place in baked pie crust. Serve with whipped cream. —Florence C. Farch.

CREAM PIE

1 pint milk, 2 rounding tablespoons cornstarch wet in milk, ½ cup sugar.

Cook about 5 minutes. Separate 2 eggs, beating each. Add yolks to custard before removing from fire, add ½ teaspoon vanilla and pour into shell already cooked. Add 2 tablespoons sugar to whites. Cover and brown. —Florence Henn.

LEMON PIE

Mix 1 heaped tablespoon cornstarch with 1 cup granulated sugar. Add 1 cup water and boil 5 minutes; add 1 tablespoon butter, juice of 1 lemon, grated rind of ½ lemon and yolks of 2 eggs to this. Turn into a baked pie shell. Cover with meringue made with beaten whites of 2 eggs, 2 tablespoons granulated sugar folded into the whites and ½ teaspoon of lemon juice. Brown meringue in moderate oven. —Mary Greenwood.

LEMON CHIFFON PIE

Pastry, juice and grated rind 1 orange, juice and grated rind 1 lemon, 5 tablespoons water, 3 egg yolks, ¾ cup sugar, 3 egg whites, 2 tablespoons powdered sugar.

Fit pastry on the back of a pie tin, making rather a generous edge. Bake in a hot oven, 500 degrees Fahrenheit, until a golden brown, about 12 minutes.

For the filling, heat orange and lemon juice with rind and water in the top of a double boiler. Beat egg yolks with granulated sugar. Pour hot liquid over this gradually, stirring constantly. Return to double boiler and cook 10 minutes until thick, stirring constantly. Remove from fire and let cool. Beat egg whites stiff, add powdered sugar and fold in custard mixture. Pour into pastry shell and bake for 30 minutes at 375 degrees Fahrenheit. —Helene Rock.

LEMON CHIFFON PIE—2 PIES

⅓ cup cold water, ¾ tablespoon gelatine, 4 eggs, few grains salt, 1 cup sugar, 4 tablepsoons lemon juice, ½ grated lemon rind, whipped cream for top.

Soak gelatine in cold water. Put egg yolks, lemon juice and rind and ½ cup sugar in bowl. Set in boiling water. Whip briskly until like cream. Stir in soaked gelatine. Beat egg whites and add remaining sugar. Fold into yolk mixture. Put into baked pie crust shell. Top with whipped cream. Ready to serve. —Mona R. Talkes.

MAPLE CREAM PIE

1 cup maple syrup, 1 egg, 1 tablespoon flour, 1 cup milk, 1 teaspoon vanilla. Boil syrup 2 minutes. Add flour mixed with milk and yolk of egg beaten. Stir until thickened. After it has cooled a little pour into crust that has been baked, cover with meringue.

MINCE PIE

1 package "None Such" mince meat, 4 large apples, ½ package seedless raisins, juice from 1 can fruit or pickled pears, ½ cup sugar; boil until thick. Delicious. —Agnes Stahl.

MOCK CHERRY PIE

Mix 1 cup cranberries, cut in halves, with ½ cup seeded raisins. Add ¾ cup sugar and 1 tablespoon flour. Dot over with 1 teaspoon butter. Bake between crusts.

ORANGE CREAM PIE

1 pint milk, 2 egg yolks, ½ cup sugar, small piece butter and pinch of salt, 1 tablespoon cornstarch, 1 tablespoon flour, 1 good teaspoon orange extract.

Mix all dry ingredients together, then add beaten yolks. Add this to heated milk, butter and salt. For top use whites beaten stiff with 3 tablespoons confectioner's sugar and few drops of orange extract. —Ethel Uhl.

PINEAPPLE PIE

Mix and boil 5 minutes, 1 cup pineapple syrup, 2 tablespoons cornstarch, ½ cup sugar.

Add chopped pineapple, 2 eggs, 1 tablespoon butter. Turn into crust and bake. When done cover with meringue and bake slowly 8 minutes. —Ina Carlson.

PIE, "ETHEREALIZED" PRUNE

(A) Pie plate covered with rich paste, (B) 1 pint stewed prunes (rubbed through a colander) slightly sweetened, (C) 2 tablespoons butter, creamed, plus 2 tablespoons granulated sugar plus 2 tablespoons soft bread crumbs, plus 2 yolks, beaten plus whites, beaten until stiff and dry.

Put (B) in pie plate, spread (C) and bake in moderate oven. When baked, cover with meringue and brown.

PUMPKIN PIE

1 cup pumpkin, ½ teaspoon salt, ginger, cloves, 2 teaspoons cinnamon, 3 eggs, 1 cup Eagle brand sweetened milk, 1 cup water. Pour into crust and bake at 450 degrees 10 minutes and 350 degrees 35 minutes. —Ina Carlson.

PUMPKIN OR SQUASH PIE

1¾ cup cooked pumpkin or squash, ¾ cup brown sugar, 2 tablespoons flour, ½ teaspoon cinnamon, ½ teaspoon ginger, 1 teaspoon salt, 2 unbeaten eggs, 2 cups rich milk, pastry.

Mix in order given. Pour into unbaked crust. Bake 1 hour at 375 degrees. —Mona Talkes.

RHUBARB CREAM PIE

1 pint rhubarb cut in cubes, 2 egg yolks, 1 tablespoon water, 1 tablespoon flour, ½ pint sugar.

Method: Line large pie pan with pastry and fill with rhubarb mixture. Bake slowly and when pastry is done remove from oven and cover top of pie with an egg white beaten stiff and which has been mixed with 2 tablespoons sugar. Return to oven and brown. —Florence C. Farch.

ZWEIBACK PASTRY

(A) 1 box zweiback, ½ cup melted butter, ¾ cup sugar, ¼ teaspoon cinnamon or nutmeg, mix and divide in half.

(B) *Custard.* 4 yolks, 2 cups milk, 1 tablespoon cornstarch (cook thick).

(C) Beat whites and add 3 tablespoons sugar.

Square cake pan—a layer of (A), (B), (C) and (A). Bake 30 minutes in slow oven, let stand 24 hours, cut in squares.

—Ina Carlson.

TARTS

½ cup butter, 1 cup cream cheese, 1 cup flour. Pinch salt.

Mix as pie crust. Place in refrigerator for 2 hours or longer. Roll out, cut in 2-inch squares, dot centers with jam, turn up corners. Bake 5 to 7 minutes. Medium oven. This makes about 10.

—Pauline Keil.

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Directions for Mixing Butter Cakes

Use an earthen bowl and for mixing batter a wooden cake spoon with slits is preferable. Measure dry ingredients and mix and sift baking powder and spices, if used, with flour. Count out number of eggs required separating yolks from whites if rule so specifies. Measure butter, then liquid. Put butter in bowl and cream by working with spoon till soft and of creamy consistency; then add sugar gradually and continue beating. Add yolks of eggs or whole eggs beaten until light, liquid, and flour mixed and sifted with baking powder, or liquid and flour may be added alternately. When yolks and whites are beaten separately, whites are usually added at the last, as is the case when whites of eggs alone are used. A cake can be made fine grained only by long beating. Never stir cake after the final beating. Fruit when added to cake is usually floured to prevent its settling to the bottom. Grease pan and just before putting in cake batter, dredge pan thoroughly with flour; invert and shake pan to remove superfluous flour, leaving only thin coating adhering to the grease. In filling pans have mixture come well to corners and sides of pan with slight depression in center. Pans should be filled nearly ⅔ full if cake is expected to rise to top of pan.

Coconut Layer Cake

(See recipe on the other side of this page)

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Coconut Layer Cake

(3 eggs)

2 cups sifted Swans Down Cake Flour
3 teaspoons baking powder
½ teaspoon salt
⅔ cup butter or other shortening
1 cup sugar
3 egg yolks, well beaten
⅓ cup milk
1 teaspoon vanilla
3 egg whites, stiffly beaten
1 can Baker's Coconut, Southern Style (1½ cups)

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks; then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla and fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Double recipe for three 10-inch layers. Spread Seven Minute Frosting between layers and on top and sides of cake. Sprinkle each layer and outside of cake with coconut while frosting is still soft.

Hot Milk Sponge Cake

(3 eggs)

1 cup sifted Swans Down Cake Flour
1 teaspoon baking powder
3 eggs
1 cup sugar
2 teaspoons lemon juice
6 tablespoons hot milk

Sift flour once, measure, add baking powder, and sift together three times. Beat eggs until very thick and light and nearly white. Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, alternately with hot milk, mixing quickly until batter is smooth. Bake at once in ungreased tube pan in moderate oven (350° F.) 45 minutes. Remove from oven and invert pan for 1 hour, or until cold.

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BUTTER CAKE

1 cup butter, 2 cups sugar, 4 egg yolks, 3 cups Swans' Down cake flour, 4 teaspoons baking powder, ½ teaspoon salt, 1¼ cup milk, 1 teaspoon nutmeg, 1 teaspoon vanilla.

Cream butter and sugar; add yolks and flavoring. Sift flour and baking powder together and add alternately with milk. Lastly add beaten egg whites. —Helene H. Rock.

ICE CREAM CAKE

½ cup melted butter, 1½ cup sugar, 1 cup milk, whites of 3 eggs, 2 cups Swans' Down cake flour, 2 rounding teaspoons baking powder, ¼ teaspoon salt, 1½ teaspoons vanilla.

Cream butter and sugar. Sift flour and baking powder together and add alternately with milk. Add salt and vanilla. Fold in stiffly beaten whites of eggs. Bake in greased pan in moderate oven.

—Nellie Bowler.

QUICK WHITE CAKE

2 level cups Swans' Down cake flour, 2 heaping teaspoons baking powder, ¾ cup sugar, ½ teaspoon salt, ½ cup melted butter, 2 eggs, milk, ½ teaspoon vanilla.

Sift together flour, baking powder, salt and sugar. Then pour melted butter over this mixture. Break 2 eggs in cup and fill cup very full of milk. Pour this over dry ingredients and butter. Mix well; add vanilla. Grease bottom of pan only. Pour in mixture and bake for 20 minutes in fairly warm oven. —Beth K. Fiske.

FROZEN CAKES

1 tablespoon melted butter, ¾ cup sugar, 1½ squares Baker's chocolate (melted), ½ teaspoon vanilla, 1 cup sour milk or cream, 1 teaspoon soda, 1½ cup Swans' Down cake flour.

Cream butter and sugar, add melted chocolate and vanilla. Then add alternately sour milk in which soda has been dissolved and flour. Bake in cup cake tins. When cool cut top off and hollow out. Fill with whipped cream. Replace top and frost with icing made of confectioners' sugar, melted butter, and enough cream to spread. Add a little vanilla. Let stand in ice box at least 6 hours before serving.

—Ethel Uhl.

BANANA CAKE

1¼ cups sugar, 2 cups Swans' Down cake flour, ½ cup butter, 1 cup sour milk or butter milk, 2 eggs, beat whites separately, 1 teaspoon soda in the last bit of milk put in cake, 1 teaspoon baking powder in the last bit of flour put in cake, 1 teaspoon vanilla, 2 bananas, sliced thin, after which beat them to pulp.

Method: Cream butter and sugar and then add the banana pulp; add yolks of eggs and beat all together with egg beater, add flour and milk alternately, whites last. Bake in slow oven. —Winifred Schuer.

NUT CAKE

(A) ½ cup butter, creamed, plus 1¼ cup sugar plus flavoring, (B) yolks 3 eggs, well beaten plus dash salt, (C) ½ cup water, (D) 2 cups Swans' Down flour plus 3 teaspoons baking powder, (E) 1 cup nut meats, chopped, (F) whites 3 eggs, beaten until stiff and dry.

Bake in shallow loaf pan 40 minutes. Moderate oven.

ONE EGG CAKE

1 cup sugar, ¼ cup butter, ¾ cup milk, 1 egg, 1½ cup Swansdown flour even, 1 teaspoon baking powder round.

Frosting—2 cups brown sugar, ½ cup milk, butter size of walnut. Boil until it strings and pour slowly over 2 whites beaten stiff.

"Jim" Taylor.

EASY COCOANUT CAKE

1 cup granulated sugar, 5 tablespoons melted butter, 2 eggs beaten in a cup, fill up the cup with milk or cocoanut milk, 2 heaping teaspoons baking powder, 2 scant cups flour (sifted)—Swansdown.

Put all together in bowl and beat until no lumps remain. Bake in two layers. Use a cocoanut frosting. —Marie Wallace.

MERINGUE

4 egg whites, pinch of salt, 4 tablespoons sugar.

Add salt to egg and beat very stiff. Stir in sugar at once and drop on greased paper. Bake in slow oven 2 hours. Break underside with spoon while hot. When cold stuff with whipped cream or ice cream and chocolate sauce. This makes about 7 meringues.

—Flora Ayers.

DIRECTIONS FOR MAKING SPONGE CAKES

Always sift flour 5 times before measuring, have bowl perfectly dry before beating egg whites. Have eggs cold and fresh for these cakes.

Add pinch of salt to whites. This toughens the fibre and helps retain the air as the lightness of sponge cake depends mainly on the amount of air beaten into the eggs. Always fold in the flour, never beat after flour is added.

When salt is added, beat whites until creamy, add cream tartar and beat stiff; gently stir in the sugar and add flour, fold in flour. In sunshine after the sugar has been added put in yolks beaten light, then flour and flavoring.

Bake these as you would layer cakes. It requires from 40 to 45 minutes to bake the above cakes. When taken from oven, must cool in pan inverted. Never grease pan for these cakes. Some sponge cakes have baking powder. Then sift flour and baking powder together, but always fold in flour last. —Flora Ayers.

SPONGE CAKE

6 eggs, 1¼ cup sugar, ½ cup water, 1 teaspoon cream of tartar, 1 cup Swans Down cake flour, ¼ teaspoon almond extract.

Beat yolks and add ½ teaspoon of cream of tartar. Beat whites and add ½ teaspoon of cream of tartar. Boil sugar and water until it spins a thread. Beat into stiffly beaten whites, adding gradually. Add yolks and then flavoring. Last fold in flour sifted four times. Bake 55 minutes at 325 degrees. —Mona Talkes.

EASY SPONGE CAKE

3 eggs, pinch salt; beat well until creamy; 1 level cup sugar, mix well; 1 level cup Swans Down cake flour, 1 level teaspoon baking powder, sift flour and baking powder together, ½ teaspoon vanilla or lemon. Put in slow oven, bake about 40 minutes.

—Dorothy Phillips.

ANGEL SPONGE CAKE

5 eggs, 1 cup granulated sugar, 1 cup Swans Down cake flour, 1 level teaspoon of cream of tartar, 5 tablespoons of water, ¼ teaspoon salt, 1 teaspoon almond extract.

Separate eggs. Beat whites until light. Add cream of tartar and salt. Beat until dry.

Boil sugar and water until they spin a thread, and add this mixture to whites of eggs and beat until cool. Then fold in the flour. Beat yolks of eggs until light and add last. Bake in ungreased pan for 45 minutes in an oven of 350 degrees.

—Frances Chamberlain.

SPONGE JELLY ROLL

Make a light sponge cake. Turn out on clean napkin. Spread with jelly and roll up turning back cloth as you roll.

ANGEL FOOD CAKE

1 cup sifted Swans Down cake flour, 1 cup egg whites (8 to 10 eggs) ¼ teaspoon salt, 1 teaspoon cream of tartar, 1¼ cups sifted granulated sugar, ¾ teaspoon vanilla, ¼ teaspoon almond extract.

Sift flour once; measure and sift 4 more times. Beat egg white and salt on large platter with flat wire whisk. When foamy, add cream of tartar. Continue beating until eggs are stiff enough to hold up in peaks but not dry. Fold in sugar 2 tablespoons at a time, until all is used. Fold in flavoring. Sift small amount flour over mixture and fold in carefully, continue until all is used. Bake in ungreased angel food pan in slow oven at least 1 hour. Begin at 275 degrees Fahrenheit and after 30 minutes increase heat slightly (325 degrees) and bake 30 minutes longer. Remove from oven and invert pan for 1 hour, or until cold.

CHOCOLATE ANGEL FOOD

1¼ cup egg whites, ¼ teaspoon salt, 1 teaspoon cream of tartar, 1¼ cup sugar, ¾ cup sifted Swans Down cake flour, ¼ cup Baker's cocoa, 1 teaspoon vanilla.

Sift flour, sugar, and cocoa together 5 times. Beat whites and salt until foamy. Add cream of tartar. Beat stiff but not dry. Add vanilla. Fold in flour mixture gradually. Bake in slow oven, gradually increasing heat to 300 degrees, 1¼ hours. May be iced or served with whipped cream. —Ina Carlson.

WHITE AND GOLD ANGEL CAKE

1¼ cup whites, 1 cup and 2 tablespoons sugar, ½ teaspoon salt, 1 teaspoon cream of tartar, 6 yolks.

Beat whites and salt foamy, add cream of tarter, beat stiff. Fold in sugar. Divide in half. To one-half add ½ cup flour (sifted 5 times) and vanilla. To other half add yolks (beaten) and ⅔ cup of Swansdown flour (sifted 5 times) and orange extract. Now put by spoonfuls into angel tin alternating white and gold. Bake 60 minutes at 300 degrees. —Ina Carlson.

YELLOW ANGEL FOOD CAKE

5 eggs, 1 cup sugar, ¼ cup cold water, ½ teaspoon vanilla, 1 cup Swans Down flour, ½ teaspoon salt, 1 level teaspoon cream of tartar.

Method: Sift flour 4 times, then measure. Add salt, then sift together 2 times more. Beat yolks, gradually add sugar, blend thoroughly. Add water. Beat whites until fluffy, then add cream of tartar, then continue beating until stiff. Combine half of whites to yellow batter, add vanilla. Add flour gradually and lastly fold in remaining half of whites. Place in deep angel food cake pan. Do not grease pan. Bake 50 minutes in slow oven. —Florence Farch.

FRUIT CAKE

1¼ lbs. butter, 1½ lbs. brown sugar, ½ lb. currants, ½ lb. figs, ½ lb. dates, ½ lb. cherries (candied), ½ lb. pineapple (candied), 2½ lbs. raisins, ½ lb. citron, ½ lb. orange peel, ½ lb. lemon peel, ½ lb. almonds blanched, 1½ lbs. Swans Down cake flour, 13 eggs, ¼ pint brandy or grape juice, ¼ pint wine or grape juice, 1 oz. rose water, ½ tablespoon salt, ½ tablespoon allspice, ½ tablespoon cinnamon, ½ tablespoon cloves. Cut in thin slices a few cream nuts, black walnuts and pecans.

Wash and dry fruit night before making cake. Put all through coarse food chopper. Cream butter and sugar, add well beaten eggs and flour, other liquid, spices, then fruit. Mix well. Butter 4 tins, line with wax paper, fill ⅔ full batter, cover with wax paper. Steam 4 hours, bake 1 hour in medium oven. Keep in covered crock.

—Jean Wilmore.

SUNSHINE CAKE WITH WHIPPED CREAM

7 egg whites, 5 egg yolks, 1¼ cups sugar, 1 cup Swans' Down cake flour, ½ teaspoon cream of tartar, pinch of salt, ½ teaspoon vanilla.

Beat whites of 7 eggs with pinch of salt and cream of tartar until stiff. Beat yolks of 5 eggs, add sugar which has been sifted 4 times and beat some more. Add this to whites and beat with wire spoon. Add flour and vanilla. Pour in angel cake pan. Bake 60 minutes in slow oven.

Filling: 1 level tablespoon gelatine, ½ pint cream, 2 egg yolks, ½ cup sugar, ½ teaspoon vanilla, 1 pint whipping cream.

Cut cake in half (like a 2 layer cake). Soak gelatine in cream for half hour, then heat slightly, just to boiling point. Add egg yolks, sugar and vanilla creamed together. When cool, add whipping cream. Spread between layers and over top and sides of cake. Will serve 12 people. —Ethel Uhl.

SUNSHINE CAKE

Six eggs, 1¼ cups sugar, 1¼ cups Swansdown cake flour, ½ teaspoon cream tartar, ¼ teaspoon salt, 1 teaspoon vanilla.

Beat eggs separately—add salt to whites before beating and when half beaten add cream of tartar, beat stiff. Fold sugar in whites, add yolks, well beaten. Add flour and sugar (sifted 4 times). Bake in slow oven 45 minutes. Put cake in cold oven, then light gas.

—Ruth Champney.

ORANGE CAKE

One cup sugar, ½ cup butter, 2 eggs, 1 cup raisins, rind of 1 orange, ⅔ cup sour milk, 1 level teaspoon soda, 2 cups sifted Swansdown cake flour.

Cream sugar and butter—add yolks of eggs—beat well. Mix raisins and rind of orange, put through food chopper 3 times. Add to above mixture. Now add alternately sour milk in which soda has been dissolved and sifted flour. Fold in beaten whites of eggs. Bake in square tin 12x12 in moderate oven increasing heat if necessary. Frost with orange icing. —Jean Wilmore.

INEXPENSIVE AND DELICIOUS DEVIL'S FOOD CAKE

1 cup sugar, ¼ cup butter, ¼ cup cocoa, ½ cup boiling water, ¾ teaspoon soda, ¼ cup sour cream or milk, 1 egg, 1 cup Swans Down flour, vanilla.

Mix sugar, cocoa and butter. Dissolve soda in boiling water and pour over mixture. Beat well. Alternate flour and sour cream into mixture, stir well. Break egg into batter and again heat. Add vanilla to taste. The batter is thin and light in color but after baking forty minutes in moderate oven turns a rich dark brown. —Florence Farch.

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CHOCOLATE CAKE

½ cup butter, 2 cups brown sugar, 2 egg yolks, 1 whole egg, ½ cup sour cream, 1 teaspoon soda, 2 tablespoons Baker's cocoa in ½ cup boiling water, 2 cups Swans Down flour.

Cream butter and add sugar, eggs, sour cream and soda. Then add cocoa made into thick paste in boiling water. Flour last. Bake in moderate oven in layer pans. Put together with cooked icing.

—Mona Talkes.

CHEAP CHOCOLATE CAKE

1 square Baker's chocolate, 1 tablespoon butter, ½ cup sweet milk, 1 cup sugar, 1 egg yolk, ½ cup sour milk, ½ teaspoin soda, 1½ cups Swans Down flour, 1½ teaspoons baking powder, 1 teaspoon vanilla, pinch salt.

Meet chocolate, butter and sweet milk together. Add sugar and egg yolk. Dissolve soda in sour milk and add alternately with flour in which baking powder has been sifted. Bake in hot oven about 15 minutes. Use egg white for boiled icing. —Mildred Jeavons.

DEVIL'S FOOD CUP CAKES

1 egg, milk, 1 cup sugar, 1½ cups Swans Down flour, 2 heaping teaspoons baking powder, 2 squares Baker's chocolate, melted, 5 tablespoons melted butter, 1 teaspoon vanilla.

Break egg in a cup and fill cup with milk. Beat together with egg beater. Add sugar. Stir into this mixture flour which has been sifted and measured and then sifted with baking powder. Add melted chocolate and vanilla and lastly melted butter. Bake in muffin tins 20 minutes. —Ruth Body.

DATE AND NUT CAKE

1 package dates (10 oz.), 1 teaspoon soda, 1 cup boiling water, 4 tablespoons shortening, 1 cup sugar, 1 egg, 1⅔ cups Swans Down cake flour, ½ teaspoon salt, 1 teaspoon flavoring, ½ cup nut meats.

Pit and quarter dates, add soda and pour on boiling water. Let cool. Cream shortening and add sugar gradually, add egg well beaten. Sift flour and measure. Sift with salt and add alternately with date and nut mixture, add flavoring. Bake 40 minutes at 350 degrees in square pan. —Ruth Body.

DATE CAKE

½ cup butter or lard or half and half, 1 cup sugar, 1 egg, 1½ cups Swans Down cake flour, 1 heaping teaspoon ground cloves, pinch of salt, 1 cup sour milk or butter milk, 1 teaspoon soda in flour, 1 cup dates, cut up or chopped, ½ cup nuts, cut up or chopped.

Cream butter and sugar, add well beaten egg. Sift flour, cloves, salt and soda together and add alternately with sour milk. Add dates and nuts. Serve plain or with whipped cream. By omitting the cloves makes a different flavored cake but just as good. —Ethel Uhl.

APPLE SAUCE CAKE

½ cup butter, 1 cup sugar, 1 egg, 1 cup dates (sliced fine), 1½ cups apple sauce, 1 cup nuts chopped coarse, 1 cup raisins, chopped, ½ teaspoon cinnamon, ¼ teaspoon cloves, 1 teaspoon vanilla, 2 cups flour, 2 teaspoons soda.

Cream butter and sugar, add egg, well beaten and the vanilla and add the rest of the ingredients mixed. Turn into a well buttered bread pan, bake slowly in moderate oven 1 hour.

HUNGARIAN RHAPSODY

1½ cups sugar, ½ cup butter, 2 eggs, 1 cup sour milk, 2 cups Swansdown flour, 1 cup seeded raisins, chopped fine to which the grated rind of 1 orange has been added, 1 teaspoon soda and ½ teaspoon salt.

Method: Cream butter and sugar, add eggs, alternate flour and milk to which soda has been added, last the raisins and rind. Dissolve ½ cup sugar in orange juice and pour over cake while hot.

—Helene H. Rock.

BOILED RAISIN CAKE

1 cup sugar, ½ cup butter, 2 scant cups flour, 1 teaspoon baking powder, 1 cup raisins, 1 teaspoon cinnamon, 1 teaspoon nutmeg, ½ teaspoon cloves, 1 egg, 1 cup raisin water.

Boil 1 cup raisins in 3 cups of water until liquid is down to 1 cup. Then cool. Flour raisins before putting in cake. Frost with brown sugar frosting.

—Edna Hodell.

SPICE LAYER CAKE

1½ cups sugar ⅔ cup shortening, 2 eggs, 1 cup sour milk, 2 cups Swansdown flour, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 scant level teaspoon soda.

Filling—Boil 1 cup sugar with 4 tablespoons water until it hairs. Beat white of 1 egg and add syrup. Beat together until thick and add ½ cup nuts and ½ cup raisins chopped together.

—Norma B. Farmer.

SPICE CAKE

2 eggs, 1 cup sugar, 1 cup Swans Down cake flour, 1 heaping teaspoon baking powder, 1 teaspoon cinnamon, ½ cup milk, 1 tablespoon butter.

Beat eggs together in mixing bowl until very light. Add sugar and beat again. Sift flour with baking powder and cinnamon and add to above mixture. Next add butter and milk and beat all together. Batter will be very thin.

—Helen R. Thompson.

SOUR CREAM CAKE

2 cups brown sugar, ½ cup butter, 2 tablespoons molasses, 2 eggs beaten, 2 cups Swans Down flour, ½ teaspoon baking powder, 1 cup sour cream, 1 teaspoon soda, 1 cup nuts, 1 cup raisins—cut up.

—Eleanor Gaede.

LITTLE GINGER CAKES

1 cup molasses, ½ cup sugar, ½ cup butter (scant), ½ cup milk, 3 eggs, little salt, 1 tablespoon ginger, 1 teaspoon allspice, 2 cups Swans Down cake flour, 1½ teaspoon baking powder.

Cream butter and sugar, rub in flour thoroughly, add spices, well beaten eggs and milk. Then molasses. Beat well and add baking powder. Bake in moderate oven. —Marian Kinney.

SOFT GINGER CAKE

½ cup sugar, ½ cup butter, 1 teaspoon each of cinnamon, ginger and cloves, 2 teaspoons soda dissolved in 1 cup boiling water, 2½ cups Swans Down flour (no more), 2 well beaten eggs stirred in the last thing before baking. Bake in gem pans or in loaf.

—Mildred R. Jaster.

JAM CAKE

1 cup sugar, ¾ cup butter, 1 cup blackberry jam, 2 cups Swans Down flour, 3 eggs, 1 teaspoon cloves, 1 large teaspoon cinnamon, ½ teaspoon soda in 3 tablespoons of sour milk.

Beat butter and sugar to a cream, add yolks well beaten, then milk and soda, then jam, flour and spices sifted together twice and lastly the whites beaten and folded into the mixture. Bake in loaf 1 hour.

Frostings

PLAIN BOILED ICING

1 cup sugar, 1-3 cup cold water, white of 1 egg, ½ teaspoon vanilla or ½ tablespoon lemon juice.

Heat sugar and water gradually to boiling point and boil without stirring until it threads. Pour syrup gradually on beaten egg white beating mixture constantly until thick enough to spread. Add flavoring and spread on cake.

PLAIN UNCOOKED ICING

Frosting: 1¾ cups XXXX sugar, 1 large lump butter, 1 egg, 1 teaspoon vanilla. Cold frosting (uncooked), very good.

—Charlotte Miller.

FIVE-MINUTE FROSTING

1 cup sugar, white 1 egg, 3 tablespoons water, beat for 5 or 6 minutes over boiling water. —Ruth C. Body.

SEVEN-MINUTE ICING

1 cup light brown sugar, 2 tablespoons cold water, 1 egg white, vanilla.

Put all in double boiler. Beat with Dover egg beater over hot water for seven minutes or holds a peak. Add vanilla. Let stand over hot water 5 minutes. —Mary Greenwood.

MARSHMALLOW ICING

¾ cup granulated sugar, 1-3 cup water, 6 or 8 marshmallows, white of 1 egg, few drops vanilla extract.

Boil sugar and water without stirring until syrup spins a thread; melt marshmallows in syrup; pour slowly over beaten white of egg; add flavoring and spread very thickly over cake. Melt 2 ozs. unsweetened chocolate with one-half teaspoon butter and spread thin coating over icing when cool.

JELLY MERINGUE

White of 1 egg, ½ cup currant or other jelly.

Put egg white and jelly together into bowl and beat with egg beater or wire whip until stiff. Spread between layers or on top of cake.

FILLING, DATE

Follow directions for fig filling, using dates in place of figs and more lemon.

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FRUIT FILLING

2 cups granulated sugar, 2-3 cup boiling water, whites of 2 eggs, ¼ cup chopped nuts, 1 cup mixed figs, raisins, citron, cherries and pineapple, cut fine.

Boil sugar and water without stirring until syrup spins a thread. Beat whites until dry; add syrup gradually, beating constantly, when cool add nuts and fruit. Spread between layers of cake.

FILLING, FIG AND NUT

(A) ½ lb. figs, chopped + 1 cup walnut meats, chopped + 2 slices lemon + ¾ cup sugar + ¾ cup water. Boil, stirring frequently, until thick enough to spread.

ORANGE ICING

Rind of 1 orange, 2 teaspoons lemon juice, 1 cup confectioner's or powdered sugar, white of 1 egg.

Grate orange rind and allow gratings to soak for some time in lemon juice; stir juice, sugar and egg together and beat thoroughly. Spread on warm cake.

FILLING, LEMON

(A) 1 teaspoon butter, (B) ⅞ cup sugar + grated rind of 1 lemon + 2½ tablespoons flour, (C) 1-3 cup lemon juice + yolk of 1 egg.

Put (A) in saucepan; when melted add (B) and (C) (mixed) and stir until thick.

SOFT CHOCOLATE ICING

1 square Baker's chocolate shaved, 2 tablespoons cold water, 1 teaspoon milk, 1 teaspoon butter.

Add cold water to chocolate. Place over a low fire until dissolved, remove from stove and add butter and milk. Stir in powdered sugar to thicken and warm over fire slightly. Three squares of chocolate for a layer cake. —Frances Brockett.

CHOCOLATE FROSTING

1½ squares chocolate, ½ cup sugar (large), 1 teaspoon cornstarch, ½ cup water.

Shave chocolate thin, put all together and boil until it thickens. —Florence Henn.

EASY CHOCOLATE ICING

2 squares Baker's chocolate and 1 tablespoon butter melted in double boiler, add ½ lb. confectioners sugar and 4 tablespoons condensed milk, 1 teaspoon vanilla. —Mae Wacker.

ICING, CARAMEL

(A) 1½ cups brown sugar + ½ cup cream + 1 teaspoon butter; boil to 230 degrees F., add ½ lb. melted marshmallows; beat until thick enough to spread.

MAPLE FROSTING

1½ cups maple syrup, 1½ cups white sugar, 2 egg whites, pinch of salt, ½ teaspoon cream of tartar.

Place sugar, syrup and cream of tarter on to boil. Cook until it spins a thread. Pour slowly over stiffly beaten whites. Beat until it holds a peak. —Jean Wilmore.

BUTTER CREAM COFFE FROSTING

5 egg yolks, ½ lb. sweet butter (small), 2-3 cup strong coffee, 2-3 cup granulated sugar.

Beat eggs, add sugar and coffee. Cook in double boiler until thick. Beat until cool. Cream butter, add mixture very slowly. After very thick do not beat. —Helene Rock.

Cookies

LEMON COOKIES

2 cups sugar, 1 cup butter and lard mixed, 1 cup sour cream, 1 teaspoon soda, 2 eggs, 3½ cups of Swansdown flour, 1 teaspoon baking powder, 1 orange juice and rind grated. Make stiff batter and drop on buttered tins.

Icing for Above: Beat 1 cup pulverized sugar into the juice and grated rind of 1 lemon and spread on hot cookies.

—Marguerite Potts.

LIGHTNING COOKIES

1¼ cups Swansdown flour, ¾ cups sugar, 1 tablespoon baking powder, sift together, ¼ cup butter, melted, 2 eggs—break eggs into warm butter.

Fill up cup with milk. Stir into dry mixture and bake at once in muffin tins which have been greased, in hot oven for 15 minutes. Use the same cup to measure ingredients. —Marion Kinney.

NUT AND RAISIN COOKIES

1 cup butter, 1½ cups granulated sugar, 3 eggs well beaten, ¼ teaspoon cinnamon, 4 tablespoons hot water, 1 teaspoon soda dissolved in hot water, 3½ cups sifted Swansdown flour. 1 cup English walnuts or hickory nuts chopped fine. Drop from a spoon and bake.

—Marion Kinney.

NUT WAFERS

1 lb. chopped hickory nuts, 2 cups brown sugar, 1 teaspoon baking powder, 2 tablespoons butter, 3 eggs beaten separately, 5 tablespoons Swansdown flour.

Mix ingredients, add nuts last. Drop in ½ teaspoon to about the size of a dollar in a buttered pan and bake in a moderate oven.

—Ellen Carpenter.

OATMEAL COOKIES

1 cup oatmeal, 2 cups Swansdown flour, 1 teaspoon cinnamon, 1 teaspoon soda, 1 cup sugar, ¾ cup lard, 5 tablespoons milk, 1 egg, 1 teaspoon salt, 1 cup raisins.

Cream sugar with shortening, add beaten egg, then milk to which the soda has been added. Add dry ingredients and raisins which have been dredged with some of the flour. —Helene Rock.

BUTTERSCOTCH BROWNIES

1 cup brown sugar, ⅓ cup butter, melted together until well blended; cool, add 1 egg unbeaten; ¾ cup Swansdown flour, 1 teaspoon baking powder, ½ teaspoon vanilla, ½ cup nuts. Cook in slow oven twenty minutes. —Corrinne Stowe.

CHOCOLATE DROP COOKIES

1 cup Swansdown cake flour, ½ teaspoon baking powder, ½ teaspoon salt, ⅔ cup sugar, 2 eggs, well beaten, 2 squares Baker's chocolate, 1 cup nut meats, 1 cup raisins, 4 teaspoons melted butter.

Sift flour, measure and sift with baking powder and salt. Beat eggs well. Add sugar gradually continuing beating. Melt chocolate over hot water, stir into egg mixture with nuts coarsely chopped and raisins. Add melted butter and stir in the flour thoroughly. Drop by teaspoons onto a greased sheet. Bake in a moderate oven 350 degrees for 8 minutes. —Florence Henn.

CHOCOLATE COOKIES

1 cup sugar, ½ cup butter, 1 egg, 2 squares melted Baker's chocolate, 1½ cups Swansdown flour, 1 teaspoon baking powder, ½ cup sour cream, ½ teaspoon soda, 1 cup chopped nuts, vanilla.

Drop on cookie pan and bake 10 minutes in hot oven. While cookies are hot add:

Frosting: 1½ cups confectioners' sugar, 2 tablespoons cream, 2 tablespoons melted butter, 1 square melted Baker's chocolate.

FUDGE COOKIES

2 eggs, 1¼ cups brown sugar, 1 cup nuts, ¼ cake Baker's Dot chocolate, salt, vanilla, ½ cup Swansdown flour.

Spread thin in dripping pan. Bake at 375 degrees. Cut in squares. —Ina Carlson.

COCOANUT MACAROONS

1 can Borden's sweetened condensed milk, 2 squares Baker's Chocolate melted, ½ lb. cocoanut.

Mix together and drop on a pan and bake. —Ruth Kraeer.

DANISH COOKIES

5 to 5½ cups of bread flour, 2 cups granulated sugar, 1 lb. butter, 1 teaspoon salt, 1 teaspoon vanilla, 2 eggs.

Method: Cream sugar and butter, add eggs which have been slightly beaten, seasonings, and flour. Mix well. Form into fancy shapes by using cookie twister. —Mae Wacker.

DATE KISSES

1 cup walnut meats (broken up), 1 cup dates (cut fine), 1 tablespoon vanilla, 2 egg whites, beaten stiff, 1 cup granulated sugar.

Beat eggs, add sugar, put in double boiler to stand over boiling water 12 to 15 minutes. Remove, add dates and nuts. Drop on buttered tins. Bake in slow oven. —Mary D. Franz.

DATE COOKIES

½ cup shortening, 1 cup brown sugar, 1 egg, 1 teaspoon vanilla, 1½ cups Swansdown flour, 1½ teaspoons baking powder, ¼ teaspoon salt, 1 cup sliced dates, ½ cup chopped pecan or walnuts.

Cream shortening with sugar until fluffy; add egg well beaten, and vanilla. Mix and sift flour, baking powder and salt. Work the fruit and pecans through the flour with the finger tips.

Stir the dry ingredients into the first mixture. Shape the dough into a roll about two inches in diameter. Wrap in heavy waxed paper and chill over night. Slice with sharp knife in thin slices and bake in well greased cooky sheet in a 375 degree oven for 10 or 15 minutes.

—Frances Chamberlain.

DATE AND NUT COOKIE BARS

1 cup brown sugar, 2 eggs, 1 cup of bread flour, pinch of salt, 1 teaspoon baking powder, ¼ teaspoon ground cloves, ¼ teaspoon allspice, 1 lb. of chopped dates, 1 cup chopped walnut meats.

Method: Mix sugar and eggs, add nuts and dates. Mix flour, baking powder and spices, then sift once. Add to first mixture. Spread mixture ½ inch deep in cake pans. Bake in very slow oven. When done remove from pans and cut into bars and dust with powdered sugar.

—Florence Farch.

DARK SECRET

3 eggs unbeaten, 1 cup walnuts, 1 cup dates, cut medium fine, 2 tablespoons melted Crisco, 1 cup sugar, 1 teaspoon baking powder, ¼ teaspoon salt, 5 tablespoons Swansdown pastry flour.

Add sugar to eggs, mix. Add Crisco. Stir in dates and nuts, then flour, salt and baking powder sifted together. Spread about 1 inch thick in well Criscoed shallow pan. Bake in slow oven (300 degrees F.) 1½ hours. Cut in squares and roll in powdered sugar.

—Nellie Bowler.

GERMAN COOKIES

4 cups bread flour, 1 cup granulated sugar, 1 lb. sweet butter, 6 egg yolks, a little milk or brandy, 1 cup chopped walnut meats.

Method

Work flour, sugar and butter together as for piecrust. Add egg yokes and liquor. Roll out and cut into shapes. Brush top of each cookie with egg, dust lightly with granulated sugar and sprinkle with nut meats.

—Florence Farch.

JUMBOS

2 cups of brown sugar, 1 cup butter, 1 teaspoon cinnamon, pinch of salt and 1 teaspoon soda sifted into 3 cups of bread flour, 3 eggs, 1 cup walnut meats, ½ cup raisins, 1 teaspoon vanilla.

Method

Cream butter and sugar, add eggs then flour, mix well. Add nuts and raisins. Drop from spoon onto cookie sheet and bake in moderate oven.

—Florence Farch.

FILLED RAISIN COOKIES

4 cups Swansdown flour, 1 cup butter, 2 cups brown sugar, 1 teaspoon nutmeg, 2 teaspoons soda, salt, ¾ cup sour milk, 1 teaspoon cream of tartar.

Filling: 1½ cups chopped raisins, 1 tablespoon flour, ½ teaspoon butter, 1 scant cup sugar, 1 teaspoon lemon extract. Cook together until thick.

Roll out as you would biscuits. Place on ungreased cookie sheet, cover each one with filling (about 1 teaspoon full on each one) put top on and pinch edges together. Bake in 370 degrees oven about 10 minutes.

—Marguerite Potts.

DUTCH YOLK RINGS

3 hard cooked eggs (mashed fine), 1 raw egg yolk, ⅓ cup butter, ½ cup white sugar, grated rind of ½ lemon, 2 cups Swansdown pastry flour, ⅛ teaspoon mace.

Cream butter and all the egg yolks, hard cooked and raw, with the sugar. Add lemon rind into the creamed mixture. Sift mace into the flour. Stir flour into creamed mixture. Knead on board to form a smooth paste. Roll one-fourth of an inch thick, cut with small doughnut cutter and brush with milk, the beaten yolk of an egg or the beaten white of an egg. Sprinkle with a little sugar and bake in slow oven, not very brown.

GINGER COOKIES

2 cups brown sugar, 1 cup butter, 3 eggs, ½ cup molasses, 3 cups Swansdown pastry flour, 1 teaspoon each of cloves, cinnamon, ginger and allspice, ¼ teaspoon soda, ½ teaspoon salt. Mix in order given, beat well. Drop from teaspoon on buttered cookie sheet.

—Jean Wilmore.

HERMITS (VERY GOOD)

1½ cups brown sugar, ⅔ cup butter, 3 eggs, 4 tablespoons thick sour cream, 1 teaspoon soda, 1 tablespoon Bre'r Rabbit molasses, 1 cup nuts, 1 cup puffed raisins, 1 teaspoon each of allspice, cloves and cinnamon, 2 cups Swansdown flour, drop from spoon and bake.

—Helen Thompson.

ICE BOX COOKIES

2 cups brown sugar, 1 cup butter, 3 eggs beaten together, 2 teaspoons vanilla, ½ teaspoon salt, 4 cups Swansdown flour, 2 teaspoons baking powder, 1 cup chopped nuts. Mix in order given, make in 3 small round loaves, place in ice box over night. Slice and bake in quick oven.

—Jean Wilmore.

DATE AND NUT STICKS

2 eggs beaten well, and add ⅔ cup powdered sugar, beat; 1 cup chopped walnuts, 1 cup dates cut up, 3 tablespoons Swansdown flour, 1 teaspoon baking powder, 1 teaspoon vanilla.

Mix in order given, bake in shallow pan. Cut in squares, roll in powdered sugar.

—Jean Wilmore.

ALMOND BARS

½ lb. granulated sugar, ½ lb. ground almonds and hazel nut meats, juice of ½ lemon, 1 teaspoon vanilla, 2 tablespoons bread crumbs, 2 egg whites beaten stiff. Frosting: 1 egg white beaten stiff, 1 tablespoon powdered sugar.

Method: Beat the whites until stiff, add sugar, flavoring and nut meats. Blend well and then add bread crumbs. Spread in sheet pan and cover with frosting, bake slowly and when done remove from oven and cut into strips while hot. —Florence Farch.

BETTY'S BUTTER COOKIES

4 cups Swans Down flour, 1 large teaspoon baking powder, 1 cup granulated sugar, sift dry ingredients together; 1 pound butter mixed with above; yolks of 3 eggs, 1 gill cream, ½ teaspoon vanilla, beat together and add to first mixture. If necessary add more cream to make dough smooth. Chill 4 hours, roll in small quantities ¼ inch thick, using as little flour as possible. Cut with cookie cutter, brush with egg white, sprinkle with finely chopped nuts and sugar, bake in medium oven. —Julia Dodd.

BLACK WALNUT MACAROONS

4 egg whites, ¼ teaspoon salt, 1 teaspoon vanilla, ½ lb. powdered sugar, 1 teaspoon Swans Down flour, 1½ tablespoons bread crumbs, 1 cup chopped black walnuts or hickory nuts.

Method: Beat whites stiff, add salt and vanilla. Fold in powdered sugar, flour, bread crumbs and nuts. Drop from teaspoon on waxed paper. Bake in a slow oven 40 minutes. —Jean Wilmore.

BROWNIES

2 squares Baker's bitter chocolate, ½ cup butter, 2 eggs, 1 cup sugar, ½ cup Swans Down flour, 1 cup nuts, ½ teaspoon vanilla.

Method: Melt chocolate into butter, beat eggs with sugar. Put the two together and add flour and nuts cut up not too fine, then vanilla. Bake in shallow pan 20 minutes. Cut in squares or long strips. —Ethel Uhl.

BUTTER DROP COOKIES

1 cup butter, 1½ cups sugar, 3 eggs, 1½ cups Swans Down flour, 1 teaspoon baking powder, 2 cups nuts (chopped).

Cream butter and sugar—add beaten eggs. Mix flour, baking powder and nuts, add to creamed butter, add vanilla. Bake in moderate oven. —Ruth Champney.

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OLD-FASHIONED GINGERSNAPS

1 quart molasses, ½ lb. butter, ½ lb. lard, 4 teaspoons soda, ½ lb. brown sugar, 4 tablespoons ginger, 1 tablespoon sweet milk to dissolve soda, 2 quarts Swansdown flour, or a little more to make right consistency to roll. Roll very thin and bake in slow oven. Then sprinkle with granulated sugar.

ORANGE COOKIES

(A) ½ cup butter, (B) 1 cup granulated sugar, (C) grated rind of 1 orange (D) 1 egg beaten, (E) ¼ cup orange juice, (F) 2 cups or more of Swansdown flour, (G) 4 level teaspoons baking powder.

—"Jim" Taylor.

PEANUT COOKIES

1 cup crushed peanuts, 1 cup butter, 1 cup white sugar, 2 eggs, 4 tablespoons milk, 2 cups Swansdown flour sifted with 2 teaspoons baking powder and ½ teaspoon salt.

Cream butter and sugar. Add yolks beaten very light. Add milk and dry ingredients. Put peanuts in the flour last, add beaten whites. Drop from a teaspoon on cookie pans and bake.

PECAN NUT MARGUERITES

2 eggs beaten, 1 cup brown sugar (sifted), 1 tablespoon melted butter ⅓ cup sifted flour sifted again with ¼ teaspoon salt and ¼ teaspoon baking powder, 1 cup pecan meats.

Bake 6 minutes in greased Marguerite tins 375 to 400 degrees.

—Ina Carlson.

SHORT BREAD

1½ lbs. butter, 1 lb. granulated sugar, 6 whole eggs, 2 lbs. flour, ½ teaspoon salt, 2 teaspoons vanilla.

Cream butter and sugar, add salt, vanilla, stir in eggs. Beat all together with a Dover beater for three minutes. Stir in flour. Mix well.

Drop on ungreased cookie sheet from teaspoon, or use a pastry bag. Garnish with slices of cherry, halves of nuts, pieces of candied fruit.

This recipe can be varied by adding ½ cup of cocoa to half of dough, or grated rind of orange. Bake in quick oven.

—Jean Wilmore.

SMALL NUT CAKES

2 eggs stirred slightly, 1 cup brown sugar, ½ cup flour (or little more according to size of eggs), ½ teaspoon vanilla, ½ teaspoon baking powder, 1 cup walnuts.

Bake very slowly in tiny muffin tins. One teaspoon to a cake. Frost.

SOUR CREAM DROP CAKES

½ cup brown sugar, ½ cup white sugar, ½ teaspoon cloves, 1 tablespoon cinnamon, 1 egg, 1 cup rich sour cream, 1 level teaspoon soda, ½ cup chopped nuts, ½ cup scalded raisins, 1 cup siftted Swansdown flour.

Method: Mix well the dry ingredients and add egg beaten in cream to which soda has been added. Add ½ cup nuts, also the raisins and sifted flour. Drop into paper cups and bake in moderate oven. —"Jim" Taylor.

SPIRITS COOKIES

½ cup butter, ⅔ cup sugar, yolks of 3 eggs, 1 teaspoon vanilla, 2½ measuring cups Swansdown flour.

Mix in order given. Roll out small amount at a time in well floured board, sprinkle with granulated sugar and chopped nuts. Bake in a quick oven. —Jean Wilmore.

TUXEDO WAFERS, VERY GOOD

1 cup butter, 2 cups brown sugar, 3 cups Swansdown flour, 1 cup milk, 1 teaspoon ginger, 1 cup pecan meats.

Method: Cream butter and sugar, then alternately mix in milk and flour. Add ginger. Mix well. Spread very thinly on cookie sheets, sprinkle with chopped pecan meats. Bake in very slow oven. Cut into shapes or form into cornucopias while hot.—Florence Farch.

Breads and Biscuits

APPLE KUCHEN

Fill cake tin ¾ full of sliced apples. Make a batter of: 1 cup flour, 1 cup brown sugar, ½ cup butter. Stir this into apples and bake—cut into squares. —Elsie Pelton.

BRAN MUFFINS (QUICK)

2 cups bran, 1 cup white flour, ½ cup molasses, 1¼ cups milk, 1 teaspoon soda, salt. Bake 10 to 15 minutes in hot oven.

—Mildred Jeavons.

BAKING POWDER BISCUIT

(With or without orange)

2 cups sifted flour, 4 teaspoons baking powder, ½ teaspoon salt, 3 tablespoons shortening, ⅞ cup milk or milk and water.

Mix and sift dry material. Work in fat with fork. Cut liquid into various parts, then combine the whole, handle as little as possible. Pat or roll ½-inch thick and cut with cutter. If desired place one lump of sugar which has been soaked in orange juice on top of each biscuit. Bake 15 minutes at 450°. This makes 16 to 18.

—Ina Carlson.

BROWN BREAD

2 cups graham flour, 1 cup white flour, ½ cup white sugar, 1 teaspoon salt, 2 cups sour milk, 1 teaspoon soda, 1 cup raisins, 1 egg. Bake one hour. —Eva Jean Cox.

BROWN BREAD—STEAMED

1 cup graham flour, 1 teaspoon salt, 1 teaspoon baking powder, 1 cup sour milk into which put 1 teaspoon soda, 1 cup molasses into raisins. Steam 2 hours in 4, one pound Baking Powder tins.

—Ruth Body.

FRENCH COFFEE CAKE

½ cup sugar scant, 1 egg beaten with sugar, 4 tablespoons melted butter, 1 cup milk, 2 cups flour, 2 teaspoons baking powder. Spread with sugar, butter and cinnamon and when baked with little cream. Bake 20 minutes. —Ruth Body.

COFFEE CAKE

Cream 1 large tablespoon butter, ¾ cup sugar and pinch of salt; 2 eggs, 2 cups sifted flour with 2 teaspoons baking powder, 1 cup milk.

1 teaspoon cinnamon, 3 teaspoons sugar. Pieces of butter and nuts cut fine. Shake over all, cinnamon and sugar, then brown.

—Mable Klie.

BLUEBERRY MUFFINS

2 cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, ¾ cup sugar, 1 cup milk, 1 egg, 1 tablespoon melted butter, 1 cup blueberries.

Mix dry ingredients, then sift once. Add egg, milk and butter. Fold berries into batter. Bake in well greased muffin tins for twenty minutes in moderate oven. This recipe will make twelve large or eighteen small muffins. —Florence C. Farch.

CHEESE MUFFINS

2 cups flour, 1 cup grated York State cheese, 4 teaspoons baking powder, ½ teaspoon salt, 1 cup milk.

Sift, then measure flour, add baking powder and salt and sift together once. Work in cheese and gradually add milk. Bake in well greased muffin tins for twenty minutes in a moderate oven.

—Florence C. Farch.

JOHNNY CAKE

2 scant cups sifted flour, 1 scant cup corn meal, 1 teaspoon salt (level), 2 teaspoons baking powder (heaping), ½ cup sugar, 2 scant cups milk, 2 eggs well beaten, 1 tablespoon butter, 1 tablespoon lard.

Mix dry ingredients then half of milk, eggs, then rest of milk, butter and lard melted. Bake in shallow pan. —Mildred Jaster.

CORN AND RICE PONE

2 cups corn meal, 5 teaspoons Royal baking powder, 1 teaspoon salt, 3 eggs, 2¼ cups milk, 4 tablespoons melted shortening, 1 cup boiled rice.

Mix and sift dry ingredients; add milk and shortening to beaten eggs, 1 cup milk, 2 oval teaspoons baking powder, 1 teaspoon pans. Bake in hot oven about 30 minutes.

DOUGHNUTS

1 heaping cup sugar, 6 tablespoons of melted lard and butter, 2 eggs, 1 cup milk, 2 oval teaspoons baking powder, 1 teaspoon salt level, flour enough to roll out (as soft as possible). Fry in deep lard.

—Mildred Jaster.

DROP DUMPLINGS

1 pint flour sifted with 3 level teaspoons baking powder and ½ teaspoon salt. Break 1 egg into flour and mix well. Add ½ cup cold water and make smooth dough.

To boiling liquid stock add dough by spoonful. Cover tightly, let boil fifteen minutes. Remove from liquid, break open and serve at once.

These dumplings are excellent to serve with stewed chicken or lamb stew. —Florence C. Farch.

DATE MUFFINS

⅓ cup shortening, ¼ cup sugar, 1 egg, 2 cups of flour, 3 teaspoons baking powder, 1 cup dates, 1 teaspoon salt, ¾ cup milk.

DATE BREAD

Pour ¾ cup of boiling water over 1 cup of chopped dates, and let soak 15 minutes.

Mix together ½ cup granulated sugar and 1 tablespoon butter. Add 1 egg which has been slightly beaten. Add 1 teaspoon vanilla. Sift, then measure 1¾ cups of household flour and add 1 scant teaspoon soda, sift together. Stir flour and soda into mixture. Add ½ cup coarsely chopped English walnuts and lastly add the dates.

Place in well greased bread pan and bake one hour in very slow oven. —**Florence C. Farch.**

FRITTERS

2 eggs, ½ pint milk, 1 teaspoon salt, 2 cups flour. Beat the eggs separately and let the batter stand one hour or more (it may stand over night). When ready to fry add the whites beaten stiff and a half teaspoon of baking powder. Fry in deep fat and serve at once with maple syrup. —**Mildred Jaster.**

GINGER BREAD

1 tablespoon butter, 1 tablespoon lard creamed together; 1 cup brown sugar, 1 cup molasses, 2 eggs beaten light, 1 cup sour milk or buttermilk, 1 teaspoon ginger, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 heaping teaspoon soda dissolved in milk. Enough flour to make soft batter, thinner than cake batter. Bake in long pan.

—Winifred Schuer.

GRAHAM NUT BREAD

½ cup sugar and 1 egg creamed together, 1 teaspoon salt, 1 cup walnut meats cut up, 1 cup raisins, 2 cups sour milk or buttermilk, 1 cup white flour, 3 cups graham flour, 2 teaspoon baking powder, 1 teaspoon soda in ¼ cup warm water. Bake in 2 loaves in slow oven 40 minutes. —Ellen Carpenter.

GRAHAM MUFFINS

1 cup graham flour, 1 cup flour, ¼ cup sugar, 5 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 egg, 3 tablespoons melted butter.

Mix and sift dry ingredients, add milk gradually, egg well beaten, and melted butter. Bake in hot oven in buttered gem pans, twenty-five minutes. —Mary D. Franz.

GRAHAM BREAD

1½ cups graham flour, ½ cup white flour, 2 tablespoons corn meal, ⅓ cup sugar, 1 tablespoon molasses, 1 egg, 2 heaping teaspoons baking powder, 1 cup of milk, salt. Bake 45 minutes, raisins may be added if you like.

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HUCKLEBERRY MUFFINS

2½ cups flour, 1¼ cups of milk, 1 scant cup of sugar, 1 egg, 2 teaspoons of baking powder, butter the size of an egg, 1 cup of huckleberries. Cream butter and sugar together, add milk and flour alternately and bake in muffin tin. —Dorothy Phillips.

GRIDDLE CAKES

3½ cups flour, 3½ teaspoons baking powder, 1 teaspoon salt, ¼ cup sugar, 2 cups milk, 2 eggs, 2 tablespoons melted butter.

Sift thoroughly flour, baking powder, salt and sugar. Beat eggs. Add to milk and pour this slowly on dry ingredients. Mix thoroughly and add butter. Drop on hot griddle well greased. Turn only once.

(A small bag filled with salt rubbed over griddle will grease it and eliminate the smoke that follows the use of butter, bacon fat, etc.)

—Beth F. Fiske.

ICE BOX ROLLS

1 cup butter and lard—½ each, ¾ cup sugar, 1 cup boiling water, 2 yeast cakes, 2 eggs, 1 teaspoon salt, 6 cups unsifted flour.

Cream shortening and sugar, add boiling water and let cool. Then add eggs well beaten—then yeast which has been dissolved in 1 cup cool water. Add flour and work with hands until well mixed. Let rise in muffin tins 4 hours. Bake 20 minutes in oven at 400°.

—Nellie Bowler.

NUT BREAD

1 cup sugar, 1 egg, 1 cup milk, 3 cups flour, 1 teaspoon salt, 1 cup nut meats, 4 teaspoons baking powder.

Let rise 20 minutes and bake in moderate oven. Careful not to bake too fast. —Elsie Pelton.

SOUTHERN CHEESE STICKS

1 lb. grated sharp York State cheese, 2 cups bread flour, ⅛ lb. butter, 1 tablespoon Snowdrift lard, dash of red pepper.

Method: Mix with hands, when a smooth paste put through pastry gun. Make into 8 inch straws, salt top of each one. Bake in buttered pans about 10 to 15 minutes.

SOUTHERN POPOVERS

1 cup milk, 2 eggs, 1 cup flour.

Method: Mix in order given, put through sieve. Place in hot, buttered iron popover pans and bake in medium oven.—Florence Farch.

SOUTHERN SPOON BREAD

1 pint corn meal, 1 quart buttermilk, 1 teaspoon soda dissolved in ⅓ cup of hot water and stirred into milk, 2 eggs, well beaten, 1 teaspoon salt, 1 tablespoon butter, melted. Cook slowly for ½ hour.

—Florence Farch.

SOUTHERN BISCUITS

2 cups flour, 2 teaspoons (level) baking powder, ½ teaspoon soda, 2 tablespoons lard, ⅔ teaspoon salt, sour milk about ⅔ cup. Measure flour after sifting. —Edna Williams.

WAFFLES

1½ cups flour, 1¼ cups milk, 4 teaspoons melted butter, 2 eggs (beaten separately), 2 heaping teaspoons baking powder, ½ teaspoon salt, ¼ cup sugar. —Edna Hodell.

PARKER HOUSE ROLLS

6 cups flour after sifting, 2 cups whole milk, ½ cup butter, 2 cakes Fleischman's yeast or 1½ of loose yeast, 1 egg yolk beaten (this is optional), 4 tablespoons sugar, 2 teaspoons salt.

Method: Scald milk, when partly cool add butter and sugar. When luke warm add yeast and egg yolk. Next all the flour and beat and mix well in bowl. Put out on board and knead well but always lightly, adding more flour only to your hands as needed. Never to the dough. Return to bowl and let rise until light. Put on board again and flatten down and fold edges over and in but do not knead, and again return to bowl. This second rising is not necessary but makes rolls a little finer grained. When ready to make rolls, put dough on board and pinch off small pieces and make in balls and let stand for 10 or 15 minutes. Then cut nearly through with sharp knife and spread well inside with butter. Fold edges over and place in pans to rise for last time. Lay oil paper and a towel over rolls to keep them from opening up as they rise. Bake 20 or 25 minutes in oven 400°. makes about 4 dozen. Takes about six hours for making. Will rise quicker with loose yeast. —Ethel Uhl.

ORANGE BREAD

Peel of 2 oranges cut in strips. Boil in ½ gallon water until tender. Cut off the white.

Boil ½ cup granulated sugar till it threads. Pour over peel while hot and cool, 1 cup granulated sugar, 2 eggs, 1 cup flour, 1 cup milk, 2 more cups flour, 3 teaspoons baking powder, ½ teaspoon salt, 1 tablespoon butter melted. Put 1 cup of the flour over orange peel. Let stand 20 minutes and bake in moderate oven.

ENGLISH ORANGE MARMALADE

1 grape fruit, 4 or 5 oranges, 1 lemon, 35 quince seeds, 12 cups water. Slice all fruit very thin, removing seeds. And soak all fruit 48 hours in 11 cups of water.

Soak seeds of grape fruit, lemon and quince over night in 1 cup water. Cook an hour slowly and add to fruit after seeds have been strained out.

Measure all and use equal amount of sugar. Cook until it starts to jell and then put in jars and seal. —Mona R. Talkes.

PEACH AND ORANGE MARMALADE

24 peaches, 6 oranges, ¾ lb. sugar to 1 lb. fruit. Peel and slice peaches, cut oranges as for marmalade, add sugar and let stand over night. Boil 1 hour. —Marguerite Potts.

PEACH MARMALADE

25 peaches, 1 can crushed pineapple, juice of 1 orange, juice of 2 lemons (rind may be used if desired). Measure the above mixture and add equal amount of sugar. Cook until thick. Last half hour, add 1 cup chopped nuts, 1 can maraschino cherries. —Ruth Kraeer.

PEACH AND APPLE CONSERVE

2 bowls peaches, 1 bowl apples, 2 bowls sugar, 2 oranges.

Peel apples and oranges, slice thin. Juice of oranges and grated rind, 2 cups water.

Cook until thick. If oranges are small use more. This makes 14 glasses. Use a pint bowl. —Ina Carlson.

STRAWBERRY JAM

2 quarts berries, 6 cups sugar. Cover berries with boiling water. Let stand 3 to 5 minutes. Pour off water.

Place on stove without water. Bring to a boil, let boil 3 minutes. Add 3 cups sugar. Let boil 3 minutes, then add 3 more cups sugar, bring to boil and boil 3 minutes. Place in bowl and let stand over night, stirring occasionally. —Eva Jean Cox.

KUMQUAT PRESERVE

Cut in half and take out seeds. Pour boiling water over them for about 2 minutes then drain.

To 1 cup kumquats add 1 cup water and 1 cup sugar (2 cups may be used for a sweeter preserve).

Also add juice of 1 lemon to 1 quart cumquats, cook forty-five minutes. Certo may be used. —Agnes Stahl.

BLACK CHERRY CONSERVE

Two oranges cut fine, covered with water and cooked until soft. Add 3½ cups sugar, juice of 2 lemons and 1 quart of sweet black cherries. Boil hard until thick and clear. —Ina Carlson.

GOOSEBERRY RELISH

3 pints of gooseberries, 1 pint water, 4 pints sugar, 1½ lbs. raisins, juice and rind of 2 oranges chopped fine, boil twenty minutes. —Edna Hodell.

GRAPE CONSERVE

4 lbs. fruit, 4 cups raisins, 1 cup walnuts, 1 orange, 1 lemon, 4 lbs. sugar.

Pulp the grapes after washing and cook pulp until soft enough to strain. Wash oranges and lemons, quarter and slice thin, chop nuts, mix grape pulp and skins, add other ingredients except nuts and cook until thick. Add nuts just before removing from fire. Pour into hot jars. —Edna Hodell.

APRICOT-PINEAPPLE CONSERVE

1 lb. dried apricots washed—soaked over night in water to cover. Stew in same water until tender. Add 1 can crushed pineapple, use same amount of sugar as fruit.

Cook slowly 30 minutes, add grated rind of four oranges. Cook 10 minutes longer, put in glasses.

CURRANT CONSERVE

2 quarts currants without stems, 3 lbs. sugar, 1 lb. chopped raisins, 2 oranges peeled and cut up.

Boil 20 minutes or until thick. Put into jelly glasses and seal. —Claire R. Hall.

BAR-LE-DUC

To each cup of currants (red, full berries) use 1 cup granulated sugar and 4 tablespoons water.

Boil sugar and water to 238°, add berries and boil five minutes. Pour at once into sterilized jelly glasses, when cool cover with paraffin.

If a large quantity of fruit is being preserved do not cook more than three cups at one time as berries will not stay firm when more is used. —Florence C. Farch.

EMERGENCY RELISH

2 cups ground cranberries, 1 cup ground orange, 2 cups granulated sugar. Mix, let stand till blended and serve.—Eva Jean Cox.

COOKED CRANBERRY RELISH

1 quart of berries, 3 cups of granulated sugar.

Put berries through meat grinder. Cook 10 minutes. Add sugar and cook 6 minutes.

PICKLED PEACHES

1 peck peaches, 7 lbs. granulated sugar, 1 quart vinegar, 2 tablespoons whole cloves. Peel peaches, cook in hot syrup until done. Pack in cans, fill with hot syrup. —Dorothy Phillips.

CRANBERRY JELLY

1 quart cranberries, 1 pint sugar, 1 pint water.

Put water on berries and let cook until very soft. Then put through sieve on to sugar, stir well. Put into mold and let stand to harden.

MINT JELLY

1 large tablespoon Knox gelatine, ½ cup cold water. Let stand ½ hour. Take 1 cup sugar, ¾ cup vinegar, ½ teaspoon salt, dash paprika. Let boil, add to gelatine, then when it starts to jell add ¾ cup chopped fresh mint leaves.

CHILI SAUCE

30 tomatoes, 2 lbs. brown sugar, 12 tart apples, 10 onions, 2 red peppers.

Grind apples, onions, peppers, add tomatoes, peeled and cut in pieces, salt and vinegar. Add spices placed in a bag, when half done.

5 tablespoons salt, 1 quart vinegar, 1 teaspoon cinnamon, 1 teaspoon cloves, ¼ teaspoon cayenne, cook 2 hours. This makes 6 quarts.

—Edna Hodell.

CHILI SAUCE

1 bushel tomatoes, 2½ dozen sweet red peppers, 2 doz. hot red peppers (seeds removed), 3 teeth garlic, 25 onions, 4 heads celery, 26 cups vinegar, 20 cups sugar, 2 bags mixed spices, 3½ cups salt, 5 cups of flour (if liked thick), 1 teaspoon cayenne.

Grind all and add sugar, vinegar, spice (in bag), boil 1 hour. Add flour and boil ½ hour and add cayenne. —Ina Carlson.

CHILI SAUCE

1 peck tomatoes, 5 onions, 5 green peppers, 6 hot red peppers, 4 cups sugar, 3 tablespoons salt, 4 cups vinegar, not too strong, 2 small teaspoons cloves, 2 large teaspoons cinnamon, 2 teaspoons allspice.

First cook tomatoes until done then add other ingredients. Cook 2 hours. Seal in pint jars while hot. —Dorothy Phillips.

SLICED SWEET PICKLES

12 big sour pickles (sliced), 3 cups sugar, 1 teaspoon cassia buds, 2 teaspoons celery seed, 2 teaspoons white mustard seed, 1 cup seedless raisins. Stir each day until sugar dissolves. —Ina Carlson.

ICE BOX PICKLES

Heat 1 quart vinegar, 1 cup sugar, ½ cup salt.

Chill 20 cucumbers over night. Cut lengthwise and pack in jars with one slice of onion on bottom of each jar. Add 1 tablespoon white mustard seed and ½ tablespoon celery seed to each jar. Fill jars with hot solution and seal. —Helene Rock.

SOUR PICKLES

1 gallon vinegar, 1 cup salt, 1 cup dry mustard, 1 pinch sacchrine, 400 pickles.

Scrub pickles and pack in jars. Mix liquid and cover over pickles.

—Pauline Keil.

BREAD AND BUTTER PICKLES

24 large pickles, 5 onions.

Let pickles stand 24 hours in cold water. Drain. Slice pickles and onions and sprinkle with ¼ cup of salt. Let stand for 1 hour. Drain well.

Cover with diluted vinegar, add 2 cups sugar, 2 teaspoons mustard seed, 2 teaspoons celery seed, 1 teaspoon turmeric powder. Boil 15 minutes (no longer). Seal. —Nellie Bowler.

CHOPPED CUCUMBER PICKLES

12 large cucumbers, 8 medium sized onions, 4 large green peppers (sweet), 4 large red onions, 1 large stalk celery, 1 quart vinegar, 4 tablespoons mixed mustard.

Put the vegetables through coarse grinder, salt and let stand over night. Boil all ingredients together until vegetables are tender. Bottle while hot. —Edna Williams.

PEPPER HASH

12 ripe peppers, 12 green peppers, 15 onions, 3 tablespoons salt.

Chop fine and cover with hot water, boil 10 minutes and drain thoroughly. Add 3 pints vinegar, 1½ cups granulated sugar. Cook fifteen minutes, can while hot.

INDIA RELISH

1 peck green tomatoes, 2 quarts onions, 6 green, 6 red peppers with seeds out, chop, add two handfuls salt, stand over night. In morning drain, boil in weak vinegar, drain, add:

5 cups sugar, 1 small tablespoon turmeric powder, 2 tablespoons Coleman's mustard, 1 tablespoon cinnamon, 1 tablespoon cloves, 1 tablespoon mustard seed.

Boil in weak vinegar and seal.

DILL PICKLES

36 cucumbers, 3 red peppers, 3 green peppers, 1 large stick of horse radish, 1 large bunch of dill, 1½ cups sugar, ¼ cup salt, 1 teaspoon whole black pepper, ½ cup mustard seed, 3 pints vinegar, 1 quart water.

Cut cucumbers desired size and lay in salt 4 hours. Cut peppers desired size and horse radish in small pieces. Put vinegar, water, and all other ingredients on to boil. Drain cucumbers and drop into boiling vinegar. Boil 2 minutes. Place pickles in jars and pour jars full of juice; seal.

CORN PICKLE

(1) 24 ears corn boiled 10 minutes and cut off.
(2) 1 large cabbage, 4 onions, 5 green peppers.
(3) 2 quarts vinegar, 2 cups granulated sugar, ½ cup salt.

Chop (2) and cook in (3) ¾ hour. Then add corn and ¼ of ¼ lb. box of mustard wet.

MUSTARD PICKLE

1 quart green tomatoes, 2 quarts onions, 1 quart small cucumber pickles (either one or two hundred), 1 large cauliflower, 2 green peppers, 1 quart of sliced cucumbers.

Soak over night (in separate dishes) in brine—1 pint of salt to 4 quarts water.

Bring cucumbers and green tomatoes to a boil, cook onions and cauliflower until tender, drain.

Make a dressing of 2 quarts vinegar, 1½ cups sugar, 1 cup flour, 6 tablespoons mustard, 1 tablespoon turmeric powder.

When paste is done, stir in vegetables.

HARD, CRISP PICKLES

1 gallon high grade vinegar, 1 cup salt, 1 cup granulated sugar, ½ cup ground mustard, 200 small select cucumber pickles.

Scrub pickles and pack into sterilized mason jars. To vinegar add salt, sugar and mustard. Mix, but do not heat. Pour liquid over pickles and seal jars. —Florence Farch.

OIL PICKLES

72 cucumbers 4 inches long, ½ cup salt, 1 lb. small-white onions, 1 quart white vinegar, 2 tablespoons celery seed, 1 tablespoon white mustard seed, ¼ teaspoon cayenne pepper, 1½ cups salad oil.

Wash cucumbers well and slice thin, sprinkle with salt and let stand over night in porcelain dish. Drain in morning, add onions, sliced thin and spices. Beat vinegar and oil together, adding oil slowly, put in sterilized jars and cover with oil and vinegar mixture. No cooking. —"Jim" Taylor.

Candies

CARAMELS

2 cups light brown sugar, ½ cup white corn syrup, 1 cup evaporated milk, 1 heaping tablespoon butter.

Boil until hard ball forms in water, stirring occasionally. Pour over nut meats in buttered pan. Cut in squares when cool.

—Frances Chamberlain.

CHOCOLATE CARAMELS

1 cup golden corn syrup, 1 cup grated chocolate, 1 dessertspoon glycerine, 1 cup brown sugar, 1 oz. butter, 1 cup milk.

Put all together over fire, stir briskly until it comes to a boil. Stir occasionally and cook to 244 degrees. Put pan in cold water to stop further cooking. Pour into well oiled pans. When cool, mark and cut in squares. Wrap in wax paper. —Ina Carlson.

SEAFOAM

2 cups sugar, ⅓ cup water, 1 egg white, ½ cup chopped nuts. Cook sugar and water to 250°.

Have white beaten stiff. Pour syrup over slowly, beating all the time. Add nuts and beat until the mixture holds its shape. Drop teaspoonfuls onto waxed paper. —Ina Carlson.

COCOANUT MAPLE CREAMS

1 can Baker's cocoanut (Southern Style), 1 lb. powdered sugar, 1 cup of maple syrup, 1 cup of cream, ¼ lb. marshmallows (if convenient).

Put sugar syrup and cream in a sauce pan and boil gently until it forms a soft ball in ice water. Remove from fire and stand in a cool place until the bottom of the pan is cold to touch. Now begin to beat, adding cocoanut and chopped marshmallows gradually and continue beating until a creamy mass, too thick to stir. Quickly drop by teaspoons onto oiled paper or pour into buttered pan.—Elsie Pelton.

FUDGE

1 cup sugar, 2 squares Baker's chocolate, 1 cup top milk, butter size of walnut, pinch of salt, 1 teaspoon vanilla.

Put sugar, chopped chocolate, milk and salt in saucepan. Mix with spoon and wipe sides of pan to avoid granulation. Put on fire, cover and allow to boil about two minutes. Remove cover, add butter and cook until it makes soft ball in cold water. Remove from fire, place pan in cold water until cool—add vanilla and stir until thick. Put on buttered slab and cut.

CREAM FONDANT

1 cup confectioner's sugar, 2 tablespoons heavy cream, ½ teaspoon flavoring extract.

Put the cream into a large bowl and add the sifted sugar gradually. Stir the mixture smooth. Use enough sugar to make a stiff paste. Add flavoring.

CREAM MINTS

Boil the following ingredients to 242 degrees:

4 cups granulated sugar, 1 cup water, ¼ lb. butter.

Remove from fire, add 2 drops of peppermint, pour candy on marble slab and stir until thick enough to roll into sticks. Cool thoroughly and cut into small pieces. —Florence Farch.

DATE PECAN ROLL

1 cup sweet milk, 2 cups sugar.

Boil till it almost threads then add butter size of walnut. When threads add 1 lb. seeded dates. Cook until boils enough to leave side of pan. Take off fire and add 2 cups broken pecans. Pour out on wet linen towel and roll. When cold sprinkle with powdered sugar.

—Helen Rock.

CREAMY FUDGE

2 cups Domino yellow sugar, 1 cup white sugar, 1 cup cream, ½ teaspoon salt. Mix well before cooking.

Cook until it makes a soft ball in ice water, add lump butter. Pour while hot onto marble slab, beat until cool, add nuts. Leave on slab until hard enough to cut.

Chocolate Fudge—make as Creamy Fudge, adding ½ cup cocoa.

—Dorothy Phillips.

DIVINITY FUDGE

3 cups granulated sugar, ¾ cup water, ½ cup light Karo syrup, ½ cup chopped nuts, whites of 2 eggs, pinch of salt.

Place sugar, water, syrup and salt in saucepan. Cover for five minutes. Remove cover and cook until syrup makes soft ball in cold water. Remove from fire and pour this mixture slowly, drop at a time into beaten whites of eggs. Start stirring—adding vanilla and nuts and stir until thick enough to put into buttered plate to cut.

LOLLYPOPS

3⅓ cups sugar, ⅔ cup white corn syrup, 1 cup water.

Put in pan and place over slow fire, stir until dissolved, being careful that all sugar is melted around sides of pan. Wash spoon. Boil until a little dropped in cold water is hard and crackles.

Add 3 tablespoons butter, ½ teaspoon salt, 1 teaspoon flavoring and, as much of any coloring as desired.

Boil up. Lay sticks on oiled pan, put 1 tablespoon of mixture on each. If faces are desired, eyes, nose and mouth, must be placed while hot. Use cinnamon candies and lifesavers for this purpose.

—Ina Carlson.

NUT CREAMS

3 cups granulated sugar, 1 cup rich cream, 1 cup broken nut meats.

Boil sugar and cream to 234°. Take from fire and place pan into cold water until candy is lukewarm. Add nuts and beat until creamy. pour into buttered pans and mark into squares. If desired, these may be dipped in melted chocolate. Chopped candied cherries and ½ teaspoon of vanilla may be substituted for the nuts.

—Ina Carlson.

MOLASSES CANDY

1 cup molasses, 2 cups brown sugar, 1 cup water, 3 tablespoons vinegar, 3 tablespoons butter.

Put molasses, sugar, water and vinegar into saucepan and stir; boil until very brittle when dropped into cold water; add butter and pour on buttered platter. When cool enough to handle, butter hands and pull until light brown. Pull into oblong strips and cut with scissors.

FRENCH NOUGAT

2 cups sugar, ½ cup Karo corn syrup, ½ cup water, pinch salt. Cook until soft ball in water.

Beat whites 2 eggs. Beat ½ mixture into eggs, cook remaining mixture until it makes a hard ball in water. Put two mixtures together, flavor with vanilla, beat hard until it becomes a stiff dough, add 1 cup English walnuts, put in buttered bread pan. Slice when cold.

—Dorothy Phillips.

FRUIT NUT SQUARES

½ cup stoned prunes uncooked, ½ cup raisins, ¼ cup chopped nuts, ¼ teaspoon salt, 1 lb. candied orange peel, 1 teaspoon lemon juice.

Wash and steam the prunes and raisins for five minutes. Remove all seeds and put through meat chopper. Mix with other ingredients. Mold in pan and cut in squares.

PANOCHE

3 cups brown sugar, 1 cup milk, 1 tablespoon butter, 1 teaspoon vanilla.

Boil until mixture forms a hard ball in water. Remove from fire and stir constantly until creamy. Nuts may be added.

MAPLE PECAN ROLL

1 cup cream or condensed milk, 2 cups granulated sugar, 1 cup brown sugar, ½ cup white corn syrup, 1 cup pecan meats.

Cook all except nuts to soft ball stage with little stirring. Remove from fire and beat until cool. Turn out on pastry board dusted with powdered sugar. Knead until firm. Then shape in roll and cover outside with nut meats. Put in cold place and slice when firm, using very sharp knife. —Frances Chamberlain.

MOLASSES CANDY

1 cup molasses, 1 cup sugar, ½ cup butter, 2 teaspoons vinegar, ½ teaspoon soda, 1 cup nut meats.

Boil until hard ball forms in water and pour over 1 cup nut meats into well buttered pan.

OLD ENGLISH TOFFEE

½ cup of butter, 2 cups of sugar, ½ lb. of blanched almonds, split, ½ lb. of sweet dipping chocolate, ¼ lb. of roasted salted almonds or pecans.

Melt the butter in a skillet. Add the sugar and stir until melted and rich brown in color. Add almonds and continue to cook, stirring until the almonds are cooked through. Pour mixture onto a buttered pan or onto a marble slab. Cool, and when almost hardened, loosen the edges and turn over so that the flat surface is on top. Allow to cool, then melt the dipping chocolate over warm, but not boiling water, and coat the top surface. Sprinkle with the chopped, salted almonds or pecans. Let harden. Break into irregular size pieces and store in a cool place. —Elsie Pelton.

PRUNE PRALINES

Wash, dry and pit prunes. ½ cup brown sugar, 4 tablespoons cream or milk. Cook 4 minutes, after starting to boil. Take from fire and add 1 tablespoon butter. Turn in bowl and add 1 cup chopped pecans. Beat until creamy. Cool and fill prunes. Roll in granulated sugar. —Ina Carlson.

PEANUT BUTTER FILLED DATES

Fill stoned dates with peanut butter and roll in confectioner's sugar. —Elsie Pelton.

PEANUT BRITTLE

2 cups chopped roasted nuts, 3 cups granulated sugar.

Put sugar in frying pan. Stir over slow fire. It will lump, then gradually melt. When pale coffee color, and clear, add nuts and pour quickly on greased tin. When cold break into pieces.

VANILLA TAFFY

3 cups sugar, ¼ teaspoon cream tartar, 3 tablespoons butter, 2 teaspoons vanilla.

Stir together sugar, cream of tartar, butter and 2 cups of sugar. Boil on slow fire without stirring, to 256°. Pour on greased pans and when cool enough to pull add 2 teaspoons vanilla. It takes about 15 minutes to pull. Cut and wrap in wax paper. —Ina Carlson.

GOODIES

1 lb. dates, 1 lb. figs, 1 lb. raisins, ½ lb. pecan meats. Put through a meat grinder. Shape into a mold on shallow pan and cut in slices. Roll in confectioner's sugar. —Elsie Pelton.

CHRISTMAS CANDIES (RED OR GREEN)

2 envelopes Knox Acid. gelatine, 1½ cups boiling water, 4 cups granulated sugar, 1 cup cold water.

Soak gelatine in cold water 5 minutes, add boiling water. When dissolved add sugar and boil slowly for 15 minutes. Divide in 2 parts. Cool a little and add ½ teaspoon peppermint (with green coloring). To other part add ½ teaspoon wintergreen (with red coloring). Pour into shallow pans that have been dipped in water (cold). Let stand overnight. Cut into squares with knife dipped in hot water. Roll in fine powdered sugar and let stand until crystallized. Nuts, dates or figs may be added. —Elsie Pelton.

SUGGESTIONS FOR DIETETIC TREATMENT OF OBESITY

1. Do not eat starchy foods as potatoes, macaroni, rice, cereals, bananas, white bread, cake, pie, etc.
2. Do not eat sweet foods, as candy, jam, jelly, honey, dried prunes, apricots, dates, figs, raisins.
3. Do not eat fruits canned with sugar.
4. Do not use sugar in coffee or tea.
5. Do not use sugar in cooking.
6. Eat small servings.
7. If hungry between meals eat a small serving of the allowed fruits.
8. Use very little salt.
9. Do not drink much water with meals.
10. Do not eat cheese except cottage cheese.
11. Do not eat nuts.

SUGGESTIONS FOR DIETETIC TREATMENT OF OBESITY

Soups—Beef broth, mutton broth, veal broth, chicken broth, vegetable soup.
Allow to cool and skim off fat before serving. Do not add rice, barley, macaroni or noodles.

Breads—Bran bread, bran muffins.

Meats—Roasted, boiled or broiled beef, mutton, lamb, veal, chicken.

Fish—Baked, boiled, or broiled bluefish, mackerel, white fish, perch, pike, herring, pickerel, cod, haddock, halibut.

Eggs—Poached, soft cooked, coddled or scrambled over water.

Vegetables—Lettuce, cucumbers, spinach, rhubarb, asparagus, endive, radishes, sauerkraut, watercress, celery, tomatoes, Brussels sprouts, cabbage, cauliflower, egg plant, string beans, onions, cabbage, canned peas, turnips, squash, beets.

Salads—Made from any of the allowed fruits or vegetables.

Salad Dressing—Lemon juice or vinegar.

Desserts—Any of the allowed fruits, either raw or cooked without sugar.
Gelatin sweetened with saccharine.

Fruits—Oranges, lemons, grapefruit, apples, strawberries, fresh pineapple, peaches, cranberries, blackberries, cantaloupe, watermelon.

Beverages—Tea, coffee, postum, without cream or sugar. Lemonade or orangeade with saccharine.

HYPERACIDITY

A. Foods allowed.

Beverages—Milk, milk and cream, cocoa, eggnog, buttermilk, malted milk, weak tea, weak coffee, postum, Kaffee Hag.

Soups—Cream soups made with sweet cream, sour cream or white sauce and strained vegetables, oyster stew.

Bread—Stale white bread, stale whole wheat bread, stale rye bread, dry rolls, toast, soda crackers, graham crackers, zweibach.

Eggs—Poached, coddled, soft cooked, creamed.

Fats—Butter, cream, oil, oleomargarine.

Cereals—Cream of Wheat, cornmeal, farina, hominy, malt breakfast food, wheatena, oatmeal, Pettijohn, Ralstons, rice.

Desserts—Custard, cornstarch pudding, gelatine made with any of the allowed fruit juices, junket, apricot whip, apple snow, prune whip, bread pudding, rice, tapioca and other simple puddings, vanilla or chocolate ice cream, sponge cake, plain cookies.

Fruits—Stewed apricots, applesauce, baked apple without the skin, stewed prunes, canned or stewed pears, canned or stewed peaches, stewed raisins, canned strawberries, canned white cherries.

Vegetables—Asparagus, carrots, celery, lettuce, peas, spinach, string beans, waxbeans, squash, strained corn, strained lima beans, baked, boiled or mashed potatoes.

Salads—Made with any of the allowed fruits or vegetables.

Salad Dressing—Mayonnaise with no seasoning except salt.

Meats—Creamed, boiled or roast chicken, very crisp bacon.

Fish—Any fresh fish, creamed, boiled or baked.

Cheese—Cottage cheese, Philadelphia cream.

LIQUID DIETETIC DIETS

Soups—Broth with pureed vegetables or cream soups, cream, vegetables, milk, water.

Beverages—Cream, milk, fruit juices.

Eggs—Eggnog or in fruit juices.

Seasoning or souring—Cocoa, chocolate, saccharine, spices.

FOR HYPOACIDITY

1. Orange juice and other acid juices if desired.
2. Meat broths.

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